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Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Title Page; Copyright Page; Contents; Preface; Foreword; Editor biographies ; Contributors; Abbreviations; Section 1 Background; Chapter 1.1 Prevalence, public health aspects and prevention of diabetes ; 1.1.1 Prevalence; 1.1.2 Pre-diabetes ; 1.1.3 Public health aspects; 1.1.4 Prevention; References; Chapter 1.2 Diagnostic criteria and classification of diabetes ; 1.2.1 Diagnostic criteria; 1.2.2 Classification; References; Section 2 Dietary principles of diabetes; Chapter 2.1 Historical perspectives of dietary recommendations for diabetes 2.1.1 From early times to the seventeenth century 2.1.2 Eighteenth and nineteenth centuries; 2.1.3 Twentieth century; 2.1.4 Dietary management of type 2 diabetes; 2.1.5 Carbohydrate counting and exchanges; 2.1.6 Glycaemic index; 2.1.7 Development of nutritional guidelines for diabetes; 2.1.8 Guidelines for low and middle income countries; 2.1.9 Guidelines for children and adolescents; 2.1.10 A change in emphasis; 2.1.11 Summary; References; Chapter 2.2 Nutritional guidelines for diabetes ; 2.2.1 Effectiveness of diabetes nutrition therapy; 2.2.2 Diabetes nutrition therapy and macronutrients

2.2.3 Conclusion References; Chapter 2.3 Carbohydrates; 2.3.1 Introduction; 2.3.2 Adverse effects of fructose: potential metabolic pathways; 2.3.3 Contributors to the adverse effects of fructose; 2.3.4 Conclusion; References; Chapter 2.4 Glycaemic index and glycaemic load in diabetes ; 2.4.1 Introduction; 2.4.2 Measurement of glycaemic index and glycaemic load; 2.4.3 Factors affecting glycaemic index and glycaemic load; 2.4.4 GI, GL and diabetes; 2.4.5 GI, GL and obesity; 2.4.6 Metabolic effects of low glycaemic index and glycaemic load diets; 2.4.7 GI and GL in real life situations
2.4.8 Conclusion References; Section 3 Type 1 diabetes; Chapter 3.1 Epidemiology and pathogenesis of type 1 diabetes ; 3.1.1 Epidemiology; 3.1.2 Pathogenesis of type 1 diabetes; 3.1.3 Environmental Triggers; 3.1.4 Summary; References; Chapter 3.2 Clinical management of type 1 diabetes ; 3.2.1 Introduction; 3.2.2 Clinical presentation; 3.2.3 Medical management of hyperglycaemia; 3.2.4 Cardiovascular risk and type 1 diabetes; 3.2.5 Hypoglycaemia; 3.2.6 Conclusion; References; Chapter 3.3 Nutritional management of glycaemia in type 1 diabetes ; 3.3.1 Introduction
3.3.2 Nutrition and glucose management - the evidence References; Chapter 3.4 Diet, education and behaviour in type 1 diabetes ; 3.4.1 Introduction; 3.4.2 Education; 3.4.3 Summary; References; Chapter 3.5 Lifestyle issues and type 1 diabetes - physical activity, alcohol and recreational drugs ; 3.5.1 Introduction; 3.5.2 Physical activity; 3.5.3 Alcohol; 3.5.4 Recreational and prescription drug use; References ; Useful websites ; Section 4 Type 2 diabetes; Chapter 4.1 Epidemiology, aetiology and pathogenesis of type 2 diabetes ; 4.1.1 Epidemiology; 4.1.2 Aetiology and pathogenesis
4.1.3 Conclusion
