

1. Record Nr.	UNINA9910808565403321
Titolo	Advanced nutrition and dietetics in diabetes // editors, Louise Goff, Pamela Dyson ; contributors, Ahmed H. Abdelhafiz [and thirty-three others]
Pubbl/distr/stampa	Chichester, England : , : Wiley Blackwell, , 2016 ©2016
ISBN	1-119-12171-X 1-119-12172-8 1-119-12170-1
Edizione	[1st ed.]
Descrizione fisica	1 online resource (352 p.)
Collana	Advanced Nutrition and Dietetics (BDA) THEi Wiley ebooks
Disciplina	616.4/620654
Soggetti	Diabetes - Diet therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
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

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