

NMDAC June 4 Training: Diabetes Nutrition Across the Ages

- Agenda:

- 8:30-9:00 Meet and Greet, straightening out of tech issues
- 9:00-9:05 NMDAC Welcome and Updates
- 9:05-9:10 DPCP Updates
- 9:10-10:10 Teens and Diabetes-Supporting positive and healthful eating behaviors to promote optimum diabetes management
 - Kirsten Bennet PhD, RDN, LD, Pediatric Nutrition Specialist
 - 1 CEU
 - Learning objectives:
 - Identify unique nutrition needs of youth/adolescents to be considered when managing diabetes
 - Outline factors that impact eating behaviors of youth/adolescents
 - Explore ways to support healthy food choices and positive eating behaviors for youth/adolescents managing diabetes
- 10:10 10 minute break
- 10:20- 10:30 Networking Break out
- 10:30-11:30 Real Food Eating for Adults with Type 2
 - Laura McCann MS, RD, LD, Clinical Dietician
 - 1 CEU
 - Learning Objectives:
 - Identify evidence-based eating patterns effective for weight management in people with diabetes
 - Discuss benefits of Mediterranean, DASH, Low Carb and Plant-Based eating patterns with patients
 - Gather practical dietary counseling tips to share with people with diabetes