ADA’s Nutrition Care Manual® (NCM®) is your premiere resource for diabetes information! Created by diabetes nutrition expert Marion Franz, MS, RD, CDE, and based on current guidelines from the Evidence Analysis Library and American Diabetes Association, the NCM Diabetes section covers type 1, type 2, and gestational diabetes, as well as prediabetes and general guidance including advanced diabetes practice.

**Diabetes Client Education Handouts, Tips, and Forms**

**Client Education**
- Carbohydrate Counting for People with Diabetes
- Carbohydrate Counting for Vegetarians with Diabetes
- Type 1 Diabetes Nutrition Therapy
- Type 2 Diabetes Nutrition Therapy
- Type 2 Vegetarian Diabetes Nutrition Therapy
- Gestational Diabetes Nutrition Therapy

**Tips**
- Label Reading Tips for People with Diabetes
- Using Nutrition Labels: Carbohydrate
- Using Nutrition Labels: Fat
- Follow-Up Session for Meal Planning

**Client Forms**
- Food History Form
- One-Day Food Record Form
- Nutrients in One Serving of Each Exchange
- Patient Assessment Questionnaire for Nutrition Education
- Sample Food, Physical Activity, and Blood Glucose Record

**Prediabetes**

**Risk Screen**
- Criteria to Assign Risk
- Rationale for Nutrition Consult Order

**Diseases/Conditions**
- Overview
- Disease Process
• Medical and Nutrition Therapy Goals
• Pharmacotherapy

**Nutrition Care**
• Recommendations for Nutrition Therapy Encounters
• Nutrition Assessment
• Biochemical Data, Medical Tests and Procedures
• Normal and Diagnostic Criteria for Prediabetes and Diabetes
• Lipid Recommendations for Adults with Diabetes
• Laboratory and Laboratory Value Norms
• Anthropometric Measurements
• Client History
• Food/Nutrition-Related History
• Comparative Standards
• Nutrition Focused Physical Findings
• Nutrition Diagnosis
• Nutrition Intervention
• Nutrition Prescription
• Nutrition Education
• Nutrition Counseling
• Coordination of Care
• Nutrition Monitoring & Evaluation
• Nutrition Therapy Efficacy
• Outcomes

**Type 1 and Type 2 Diabetes**
**Risk Screen**
• Nutritional Indicators
• Criteria To Assign Risk
• Rationale for Nutrition Consult Order

**Diseases/Conditions**
• Overview
• Disease Process
• Biochemical and Nutrient Issue
• Medical and Nutrition Therapy Goals
• Pharmacotherapy

**Nutrition Care**
• Recommendations for Nutrition Therapy Encounters
• Biochemical Data, Medical Tests and Procedures
• Normal and Diagnostic Criteria for Prediabetes and Diabetes
• Glycemic Recommendations for Many Nonpregnant Adults with Type 1 Diabetes
• Estimated Average Glucose Based on A1C Level
• Lipid Recommendations for Adults with Diabetes
• Self-Monitoring of Glucose
• Laboratory
• Definitions of Abnormalities in Albumin Excretion
• Stages of Chronic Kidney Disease
• Diagnostic Criteria for Diabetic Ketoacidosis (DKA) and Hyperosmolar Hyperglycemia State (HHS)
• Client History
• Food/Nutrition-Related History
• Comparative Standards
• Nutrition-Focused Physical Findings
• Nutrition Diagnosis
• Nutrition Intervention
• Nutrition Prescription
• Nutrition Education
• Goal Setting
• Food/Meal Planning Approaches
• Management of Short Term Illness
• Treatment of Hypoglycemia
• Physical Activity / Exercise
• Use of Alcohol in Diabetes
• Nutrition Counseling
• Food and/or Nutrient Delivery: Hospitals
• Diabetic Ketoacidosis (DKA) and Hyperosmolar Hyperglycemia State (HHS)
• Nutrition Support
• Implementation of the Nutrition Intervention - Enteral or Tube Feeding
• Implementation of the Nutrition Intervention - Parenteral Nutrition
• Food and/or Nutrient Delivery: Longterm Care Facilities
• Coordination of Care
• Nutrition Monitoring & Evaluation
• Meal Planning
• Nutrition Therapy Efficacy
• Outcomes

**Gestational Diabetes**

**Risk Screen**
• Nutritional Indicators
• Criteria to Assign Risk
• Rationale for Nutrition Consult Order

**Diseases/Conditions**
• Overview
• Disease Process
• Medical and Nutrition Therapy Goals
• Pharmacotherapy

Nutrition Care
• Recommendations for Nutrition Therapy Encounters
• Biochemical Data, Medical Tests and Procedures
• Self-Monitoring of Glucose
• Ketone Testing
• Client History
• Laboratory
• Anthropometric Measurements
• Food/Nutrition-Related History
• Comparative Standards
• Nutrition-Focused Physical Findings
• Nutrition Diagnosis
• Nutrition Intervention
• Nutrition Prescription
• Nutrition Education
• Goal Setting
• Nutrition Education
• Nutrition Counseling
• Nutrition Monitoring & Evaluation
• Coordination of Care
• Outcomes
• Food/Meal Planning Approaches

General Guidance
Advanced Diabetes Practice
• Insulin Management
  o Determining Initial Meal Plan
  o Determining Initial Insulin Doses
  o Adjusting Treatment Plan (insulin/food) to Meet Glucose Targets
• Insulin Pumps
• Self-Management of Glucose Monitoring
• Continuous Glucose Monitoring
• “Closed-Loop” System

Carbohydrate Counting

Choose Your Foods: Exchange Lists for Diabetes
Gastroparesis
Glucose Testing
Glycemic Index
Goal Setting and Effectiveness of Medical Nutrition Therapy for Diabetes
Reactive Hypoglycemia (non-diabetic)