

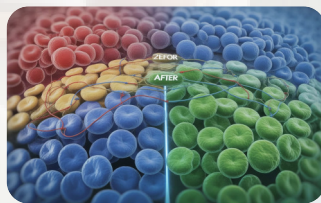
CCN – Comprehensive Diabetes Nutrition Care Programme

Precision nutrition to stabilise sugars, reverse insulin resistance, improve energy, and prevent long-term complications.



Stabilise Sugars

Precision nutrition to stabilise blood glucose levels.



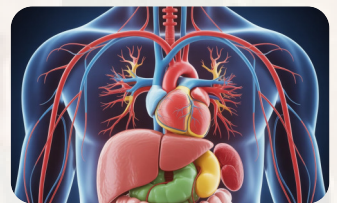
Reverse Insulin Resistance

Targeted strategies to reverse insulin resistance.



Improve Energy

Boost your energy levels and overall vitality.



Prevent Complications

Proactive measures to prevent long-term complications.

This comprehensive programme covers Type 1 Diabetes, Type 2 Diabetes, and Insulin Resistance/Prediabetes with evidence-based Medical Nutrition Therapy.



Type 1 Diabetes

Support for managing Type 1 Diabetes effectively.



Type 2 Diabetes

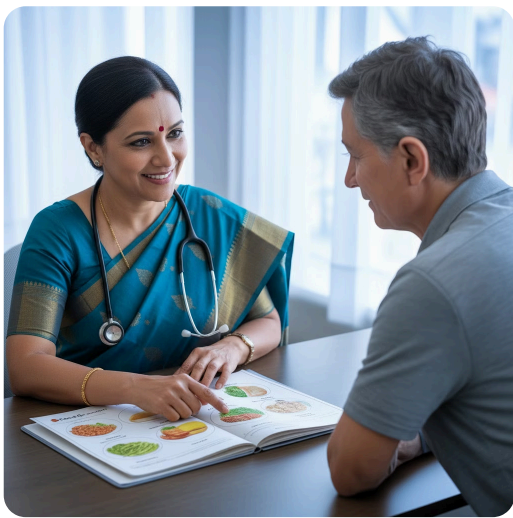
Strategies for Type 2 Diabetes management and reversal.



Insulin Resistance / Prediabetes

Guidance for reversing insulin resistance and preventing diabetes.

Why Diabetes Patients Need Medical Nutrition Therapy



According to Krause's Diabetes Chapter, ADA 2024 Standards, and ISPAD guidelines, nutrition is the **core therapy** that significantly improves patient outcomes.

Medical Nutrition Therapy provides comprehensive support for blood sugar control, insulin dosing accuracy in Type 1 Diabetes, enhanced insulin sensitivity in Type 2 Diabetes and Insulin Resistance, effective weight management, hypoglycaemia prevention, A1c reduction, and vital heart and kidney protection.

Nutrition = medication support. Nutrition = disease reversal for Type 2 Diabetes and Insulin Resistance.

Blood Sugar Control

Stabilise fasting and postmeal glucose levels through personalised meal planning

Insulin Optimisation

Improve insulin sensitivity and dosing accuracy with targeted nutrition

Complication Prevention

Protect heart, kidneys, and nerves through anti-inflammatory nutrition

Weight Management

Achieve and maintain healthy weight with sustainable dietary strategies

Comprehensive Diabetes Care Services

What You Receive in Our Programme

1

Comprehensive Diabetes Nutrition Assessment

- Detailed glucose pattern analysis (fasting vs postmeal)
- Hypoglycaemia triggers identification
- Insulin-to-carb ratio calculation (for Type 1 Diabetes)
- Carbohydrate counting readiness evaluation
- Glycemic load mapping
- Complication risk evaluation
- Medication and insulin review

2

Personalised Medical Nutrition Therapy

For Type 1 Diabetes: Carbohydrate counting training, insulin-to-carbohydrate ratio setting, hypoglycaemia rescue plan, pre-workout and post-workout fuelling, sick-day diet protocol

For Type 2 Diabetes: Low-GI/GL balanced diet, insulin-sensitising foods, weight management plans, fatty liver reversal foods, anti-inflammatory diet

For Insulin Resistance/Prediabetes: Low-GI protein-rich meals, gut repair diet, fibre therapy, chromium and magnesium-rich foods

3

Symptom-Specific Clinical Protocols

- Hypoglycaemia management protocol
- Hyperglycaemia emergency diet
- Dawn phenomenon correction
- PCOS with diabetes diet
- Diabetic neuropathy support
- Diabetic kidney-protection diet
- Diabetic fatty liver protocol

4

Evidence-Based Supplement Guidance

Magnesium for insulin sensitivity, Vitamin D, B12, chromium, zinc supplementation, Omega-3 anti-inflammatory support, probiotics for gut-mediated glucose control

5

Weekly Clinical Monitoring

Fasting and postmeal sugar patterns, CGM pattern review, appetite and cravings

6

Daily WhatsApp Support

Real-time sugar reading guidance and quick dietary corrections for optimal diabetes

Choose Your Diabetes Care Programme

3-Month Diabetes Care Programme



Ideal for newly diagnosed Type 2 Diabetes, Type 1 Diabetes stabilising phase, or insulin resistance

01

Month 1 – Stabilise & Control

Goal: Bring sugars into safe range

- Detailed assessment and personalised low-GI food plan
- Type 1 Diabetes carb-counting foundation
- Hypo and hyperglycaemia safety plan
- Diabetic plate planning with Indian foods
- Sleep-stress reset plan

Deliverables: 4 consultations, weekly diet revisions

02

Month 2 – Improve & Strengthen

Goal: Improve insulin sensitivity and reduce sugar spikes

6-Month Advanced Diabetes Reversal Programme



Ideal for Type 2 Diabetes with complications, post-gestational diabetes, advanced insulin resistance, Type 1 Diabetes advanced carb management



Phase 1: Month 1-2 – Stabilise & Protect

- Normalise fasting sugars and reduce postmeal spikes
- Reset insulin sensitivity
- Gut and liver detox plan
- Correct micronutrient deficiencies
- Control inflammation with CRP reduction diet



Phase 2: Month 3-4 – Strength & Reversal

- Weight and visceral fat control