

New Weight-Loss Hope For People With Diabetes



Ravioli, shrimp alfredo and ice cream can be both delicious and diabetic friendly.

(NAPSA)—The numbers are staggering. Nearly 24 million Americans have diabetes and 57 million more are at risk for developing the disease.

According to a recent Gallup survey, about 80 percent of people with diabetes are overweight. Shedding excess weight can help bring diabetes under control and reduce the risk of complications such as heart disease, stroke, nerve damage and blindness.

But according to Dr. Gary Foster, director of the Center for Obesity Research and Education of the Temple University School of Medicine, losing weight is often difficult for people with diabetes. “Balancing macronutrients like carbohydrates, fats and protein with overall calories, all while keeping their blood sugar in check, can be difficult,” he says. “A structured plan makes weight loss easier.”

A new, commercially available weight-loss program, Nutrisystem D, aims to specifically address the challenges of losing weight with diabetes. In a clinical study conducted by Dr. Foster at Temple University School of Medicine,

people with type 2 diabetes on the program lost as much as 16 times more weight while lowering their A1C test scores (a 90-day measure of blood sugar control) by 0.9 greater than those following a hospital-based diabetes education program. Weight loss was also associated with significant reductions in triglycerides, cholesterol and waist circumference.

The program features more than 140 gourmet-style selections and is based on a low-glycemic-index diet that emphasizes good carbohydrates and is low in fat and high in fiber. Nutrisystem D meals and snacks are scientifically developed to maintain blood sugar levels throughout the day and maintain satiety, while promoting weight loss without counting calories or carbohydrates.

You can register for the program online or by phone. Meals are shipped for free and membership includes access to an array of weight-loss tools and support programs, including weight-loss coaches and educational programs.

To learn more or to sign up, visit www.nutrisystem.com/nsd or call (877) 793-6551.