



Weight Management for Type II Diabetes: An Action Plan

Jackie Labat, Annette Maggi

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Take control of your weight--and your diabetes. Managing your weight is critical when you have diabetes. In fact, losing as little as 10 to 20 pounds can improve diabetes control. With this innovative book, you can manage your weight and your diabetes by making gradual lifestyle changes you'll be able to live with for the rest of your life--like following a low-fat meal plan, becoming more active, and managing stress. *Weight Management for Type II Diabetes* will help you assess habits, teach you techniques of behavior change, and motivate you to find the support you need to manage both diabetes and your weight. This interactive guide takes you through the steps of developing a personalized plan that considers your lifestyle, personality, family situation, and wants and needs. Authors Jackie Labat, MS, RD, CDE, and Annette Maggi, MS, RD, will help you:

- * Set reasonable goals
- * Keep pace with an exercise program
- * Design your own meal plan
- * Handle special occasions
- * Manage stress
- * Learn to deal with lapses

The book also provides fat and calorie counts, grocery shopping tips, and a lesson in low-fat cooking.

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