Prices for Monitoring

* basic monitoring such as lipid level testing, cholesterol  and Glycemic index are all complimentary for the first time the client comes in to talk about starting up with our program. These test values will help us to have a more complete understanding of their baseline fitness and severity of their Diabetes.

Nutrition Guidelines

**Our General Counseling Approach (CSEP-CPT/ CSEP-CEP):**

For permanent changes, an adequate food intake is necessary for weight loss and weight maintenance. It is the quality of food instead of the quantity that should be the focus.

To reduce body fat and improve body composition, expend more calories during physical activity than the calories consumed in food.

At the Diabetes Duo Center for Training, we also have many referrals for weight loss/ nutrition counseling. We have referrals to Registered Dieticians who can write a specific meal plan for your weight loss goals.

Here are a few links to help you get started on your journey to proper nutrition:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/context/index-eng.php>

More specific information about nutrition can found on the Canadian Diabetes Association’s website.

Great nutrition links are:

<http://www.diabetes.ca/files/JTB17x_11_CPGO3_1103.pdf>

<http://www.diabetes.ca/diabetes-and-you/nutrition/portion-guide/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/meal-planning/>

<http://www.diabetes.ca/diabetes-and-you/recipes/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/healthy-lifestyle/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/healthy-meals/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/fat/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/fibre/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/carbohydrate-counting/>

<http://www.diabetes.ca/diabetes-and-you/nutrition/understanding-the-nutrition-label/>

More great information about Diabetes Management can be found on: [www.diabetes.ca](http://www.diabetes.ca)