

# **Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD)**

## **DNSG Working Group**

**on the Implementation of the DNSG Nutritional Guidelines  
in European Countries**

**Present Status and Strategies for the Future**

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**Diabetes and Nutrition Study Group (DNSG)  
of the European Association  
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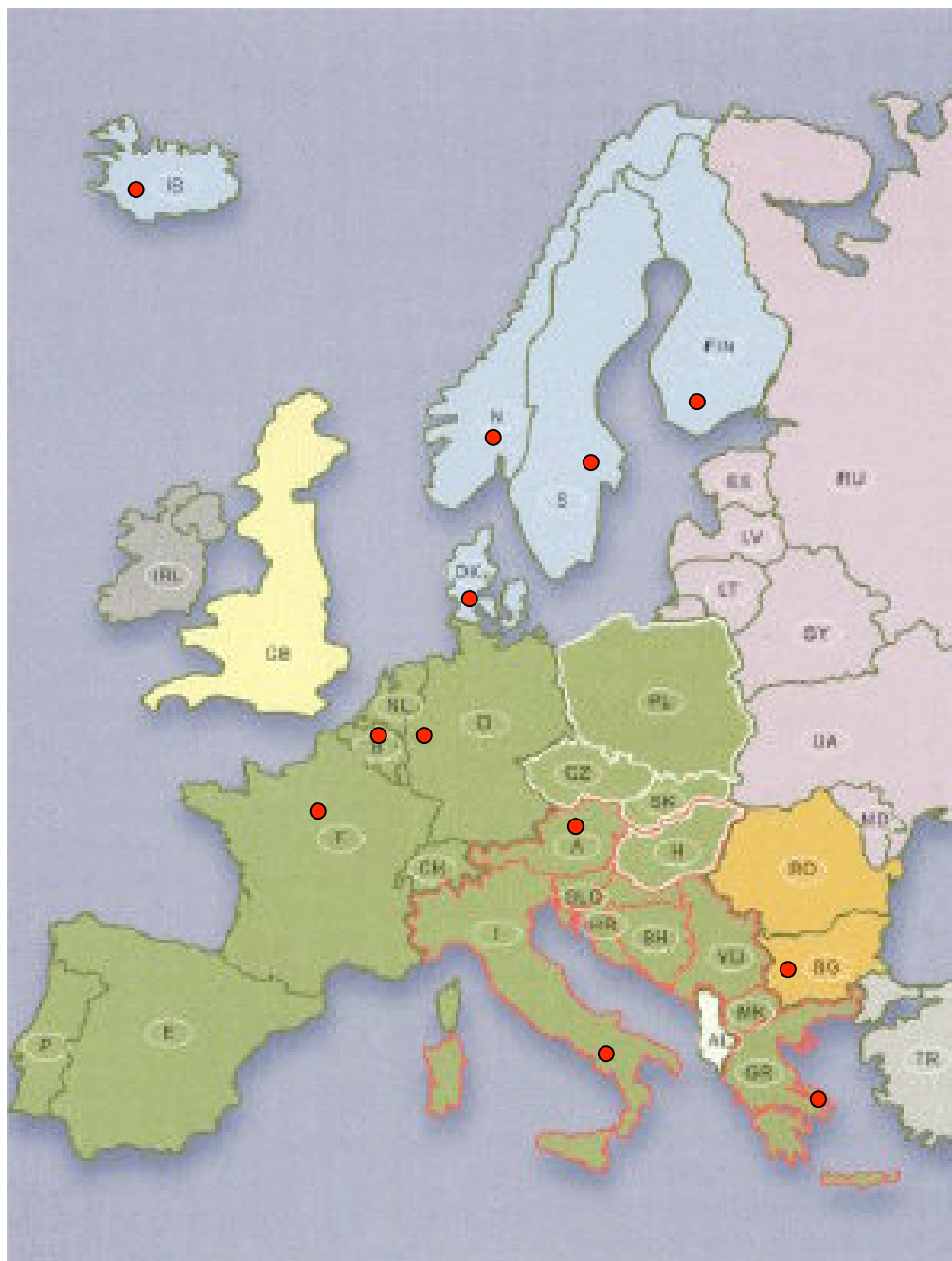
**DNSG Working Group**

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**Goal**

**Implementation of evidence-based nutritional  
recommendations as an important part of  
diabetes therapy**

- to improve metabolic control**
- to avoid complications of diabetes**
- to sustain / improve well-being**



## **DNSG Working Group on the Implementation of the Nutritional Guidelines in Diabetes**

### **Participating countries**

- Austria**
- Belgium**
- Bulgaria**
- Denmark**
- Finland**
- France**
- Germany**
- Greece**
- Iceland**
- Italy**
- Norway**
- Sweden**

## **DNSG Working Group on the Implementation of the Evidence-based Nutritional Guidelines in Diabetes**

### **Participating European Countries**

**Austria**

**Ludvik, Roden, Sadilek, Wallisch (Vienna, Graz)**

**Belgium**

**Claeys, De Leeuw, van Gaal (Antwerp)**

**Bulgaria**

**Petkova (Sofia)**

**Denmark**

**Hermansen, Pedersen, Schelde (Aarhus)**

**Finland**

**Aro, Schwab, Uusitupa (Helsinki, Kuopio)**

**France**

**Chwalow, Rizkalla, Slama (Paris)**

**Germany**

**Heitkamp, Toeller, Wein (Düsseldorf, Kiel)**

**Greece**

**Dimostenopoulos, Karamanos, Katsilambros,  
Makrilakis, Manglara Katsilambrou (Athens)**

**Iceland**

**Engilbertsdottir, Thorsdottir (Reykjavik)**

**Italy**

**Giacco, Riccardi, Rivellese (Naples)**

**Norway**

**Aas, Bergstad (Oslo)**

**Sweden**

**Brekke, Karlström, Vessby (Uppsala)**

**toe 2006**

**DNSG Working Group on the Implementation  
of the Evidence-based Nutritional Guidelines in Diabetes**

**Diabetes and Nutrition Study Group (DNSG) of the  
European Association for the Study of Diabetes (EASD)**

Mann J, De Leeuw I, Hermansen K, Karamanos B, Karlström B, Katsilambros N,  
Riccardi G, Rivellese A, Rizkalla S, Slama G, Toeller M, Uusitupa M, Vessby B on  
behalf of the DNSG of the EASD

Evidence-based nutritional approaches to the treatment and prevention of  
diabetes mellitus

**Nutr Metab Cardiovasc Dis 14 (2004) 373-394**

**Translations published**

from

**Belgium**

**Germany**

**Greece**

**Italy**

in

**(Flemish / French)**

**(German)**

**(Greek)**

**(Italian)**

## DNSG Working Group on the Implementation of the Evidence-based Nutritional Guidelines in Diabetes

### Austria

#### **German version** of the DNSG Nutrition Guidelines

Cooperation with Austrian Society of Diabetes  
Austrian Association of Diabetes Educators  
Austrian Association of Nutritionists/Dietitians

### Belgium

#### **Flemish version** of the DNSG Nutrition Guidelines

Cooperation with Flemish Diabetic Association  
Flemish Dietetic Association (Leaflet)

#### **French version** of the DNSG Nutrition Guidelines

by the Association Belge du Diabete

### Finland

DNSG Nutrition Guidelines will be the basis for Finnish nutritional recommendations of the Finnish Diabetes Association

### France

French version in preparation

### Germany

#### **German version** of the DNSG Nutrition Guidelines

authorized by the Publisher and the Editor-in-Chief

Harmonization with German Diabetes Association  
German Association of Obesity  
German Association of Nutritional Medicine  
German Nutrition Association

**Diabetes und Stoffwechsel 14 (2005) 75-94**

**DNSG Working Group on the Implementation  
of the Evidence-based Nutritional Guidelines in Diabetes**

**Greece**

**Greek version** of the DNSG Nutrition Guidelines

Leaflet published through the National Centre for Diabetes

**Italy**

**Italian version** of the DNSG Nutrition Guidelines

**IL Diabete Sett. 2005, 173-196**

**Norway**

Publications about the DNSG Nutrition Guidelines

Diabetesforum 4 (2005) 27-31

Norsk tidsskrift for ernæring 2006

Cooperation with Norwegian Diabetes and Medical Associations

**Sweden**

Publications in English about the DNSG Nutrition Guidelines  
in a journal published by the Swedish Society of Diabetology

enthält: • Folien • Textblätter • Schulungsleitfaden • CD

# Ernährung bei Diabetes

Schulungssystem nach evidenzbasierten Leitlinien

Auf der Basis der Empfehlungen der Diabetes and Nutrition Study Group (DNSG)  
der Europäischen Diabetes-Gesellschaft (EASD)  
In Abstimmung mit der Deutschen Diabetes-Gesellschaft (DDG)

**Dr. med. Monika Toeller et al.**

Deutsches Diabetes-Zentrum (DDZ) an der Universität Düsseldorf  
Leibniz-Zentrum für Diabetes-Forschung

 **ABBOTT**  
Abbott Diabetes Care

WORT BILD VERLAG

**DIABETIKER**  
RATGEBER

## **Nutrition in Diabetes - Teaching Programme**

**evidence-based on the  
recommendations of the  
DNSG of the EASD,  
versions for Germany  
and Austria**



# Ernährung bei Diabetes

## Schulungssystem nach evidenzbasierten Leitlinien

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**Ausgabe für Österreich** in Abstimmung mit der Österreichischen Diabetes Gesellschaft  
und dem Verband Österreichischer Diabetesberater/innen sowie  
dem Verband der Diätologen Österreichs

**Dr. med. Monika Toeller et al.**

Deutsches Diabetes-Zentrum (DDZ) an der Universität Düsseldorf  
Leibniz-Zentrum für Diabetes-Forschung

 **Abbott**  
Diabetes Care

**WORT&BILD VERLAG**  
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RATGEBER

# Schulungsleitfaden

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### **Nutrition in Diabetes - Teaching Guide**

**evidence-based on the  
recommendations of the  
DNSG of the EASD,  
versions for Germany  
and Austria**

# **Nutrition in Diabetes / Teaching Programme**

evidence-based on the recommendations of the DNSG of the EASD

## **Dietary advice (Transparencies/CD-ROM)**

- Evidence-based: What does it mean?
- Goals of diabetes therapy
- The role of nutrition in the treatment of diabetes
- How to measure BMI
- Waist as a measure of distribution of body fat
- Nutrition pyramid / distribution of nutrients
- Carbohydrate, mono-, di-, polysaccharides
- Insulin and insulin-analogues, mode of action
- Carbohydrate and conventional insulin treatment
- Flexible eating and intensified insulin therapy
- Blood glucose monitoring
- Carbohydrate exchanges
- Carbohydrate portions and insulin
- Oral antidiabetic drugs and timing of food intake
- How to treat hypoglycaemia by fast carbohydrate
- Foods rich in fibre
- Explanation of the glycaemic index (GI)
- Low, average and high GI foods
- Healthy exchange: low vs high GI foods
- Glycaemic load
- Sugar in foods
- Fatty acids, transfats, dietary cholesterol
- Choose the better fat
- Variety of oils
- Low fat cooking
- Protein in foods
- How to reduce protein intake
- Alcoholic drinks
- Alcohol and hypoglycaemia
- Meal planning, calories, carbohydrate portions
- Useful further reading

# Pilot program for the implementation of nutritional recommendations for people with diabetes in Italy

**Coordinators:** G. Riccardi, AA. Rivellese

Dipartimento di Medicina Clinica e Sperimentale dell'Università degli Studi di Napoli

**Scientific Secretary :** R. Giacco

Istituto di Scienze dell'Alimentazione, CNR, Avellino

## **Components:**

D. Bruttomesso (U.O. di Diabetologia, Università degli Studi di Padova)

C. De Natale (U.O. di Diabetologia, Università "Federico II" di Napoli)

G. De Pergola (U.O. di Diabetologia, Università degli Studi di Bari)

S. Leotta (U.O. di Diabetologia, Roma)

M. Parillo (U.O. di Diabetologia, A.O. Ospedale Civile di Caserta)

M. Trento (U.O. di Diabetologia, Dipartimento di Medicina Interna, Università degli Studi di Torino)

E. Vitacolonna (U.O. di Diabetologia, Università degli Studi di Chieti)

*Project Supported by Abbott Diabetes Care and Abbott Nutrition*

**HAND BOOK OF DIETARY EDUCATION MEETINGS  
FOR THE IMPLEMENTATION OF NUTRITIONAL  
RECOMMENDATIONS FOR PEOPLE WITH TYPE 1 AND  
TYPE 2 DIABETES**



# Topics of Nutritional education program in Type 2 diabetic patients

1° Session – Energy Balance and Body weight: *how subjects become overweight/obese and why to lose weight*

2° Session - Energy Balance and Body weight: *how to lose weight by increasing energy expenditure*

3° Session - Energy Balance and Body weight: *how to lose weight by decreasing dietary energy intake*

4° Session - Fat: *quantity and quality*

5° Session – Carbohydrate: *quantity and quality*

6° Session – Protein, Salt, Alcohol and dietary patterns

# Topics of Nutritional education program in Type 1 diabetic patients

1° Session – Energy Balance and Body weight: *how to preserve normal weight*

2° Session - Carbohydrate : *identification of CHO rich foods with low glycemic index and/or rich in fibre*

3° Session - Carbohydrate: *how to assess the CHO amount of foods and distribute daily carbohydrate*

4° Session - Carbohydrate: *how to mantain constant the daily CHO amount*

5° Session – Fat: *quantity and quality*

6° Session – Protein, Salt, Alcohol and dietary patterns

# **DNSG of the EASD**

## **Implementation of the DNSG Nutritional Guidelines (NG) in European Countries**

### **Strategies for the Future**

- **More European countries should be involved**
- **Further translations of the European NG are needed**
- **Harmonization of the European NG with National Diabetes, Medical and Nutrition Associations should be reached**
- **Inclusion of the European NG in national curricula for students, doctors / diabetologists, diabetes educators, dietitians / nutritionists**
- **Nutrition Teaching Programmes used by physicians, diabetes educators, dietitians / nutritionists should be on the basis of the European NG**
- **Studies to evaluate the effects of structured nutrition teaching according to the DNSG nutritional recommendations**