

**EAT WHAT  
YOU LOVE  
LOVE WHAT  
YOU EAT  
WITH  
DIABETES**

a mindful eating program for  
thriving with prediabetes or diabetes



**Michelle May, MD**  
with Megrette Fletcher, MEd, RD, CDE

# References

- American Association of Clinical Endocrinologists (AACE) Medical Guidelines for Clinical Practice for the Management of Diabetes Mellitus. 2007a. "5. Hypertension Management: Section 5.2.3. Pharmacology and Mechanisms of Action of Antihypertensive Agents." *Endocrine Practice* 13 (Suppl. 1):35–38.
- . 2007b. "6. Lipid Management: 6.1. Executive Summary." *Endocrine Practice* 13 (Suppl. 1):40.
- American College of Sports Medicine (ACSM). 2006. *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*. 5th ed. Baltimore: Lippincott Williams & Wilkins.
- American College of Sports Medicine (ACSM) and the American Diabetes Association (ADA). 2010. "Exercise and Type 2 Diabetes: American College of Sports Medicine and the American Diabetes Association—Joint Position Statement." *Medicine and Science in Sports and Exercise* 42 (12):2282–303.
- American Diabetes Association (ADA). 2008. "Nutrition Recommendations and Interventions for Diabetes." *Diabetes Care* 31 (Suppl. 1):S61-78.
- American Diabetes Association (ADA). 2011. "Standards of Medical Care in Diabetes—2011." *Diabetes Care* 34 (Suppl. 1):S11–61. doi:10.2337/dc11-S011.
- Bojanowska, E., and A. Nowak. 2007. "Interactions between Leptin and Exendin-4, a Glucagon-Like Peptide-1 Agonist, in the Regulation of Food Intake in the Rat." *Journal of Physiology and Pharmacology* 58 (2):349–60.

- Brewer, K. W., H. P. Chase, S. Owen, and S. K. Garg. 1998. "Slicing the Pie: Correlating HbA1c Values with Average Blood Glucose Values in a Pie Chart Form." *Diabetes Care* 21 (2):209–12.
- Centers for Disease Control and Prevention (CDC). 2011. "National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States, 2011." Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.
- Ciampolini, M., and R. Biachi. 2006. "Training to Estimate Blood Glucose and to Form Associations with Initial Hunger." *Nutrition and Metabolism* 3:42.
- Ciampolini, M., D. Lovell-Smith, R. Bianchi, B. de Pont, M. Sifone, M. van Weeren, W. de Hahn, L. Borselli, and A. Pietrobelli. 2010. "Sustained Self-Regulation of Energy Intake: Initial Hunger Improves Insulin Sensitivity." *Journal of Nutrition and Metabolism*. doi:10.1155/2010/286952.
- Ciampolini, M., D. Lovell-Smith, and M. Sifone. 2010. "Sustained Self-Regulation of Energy Intake: Loss of Weight in Overweight Subjects, Maintenance of Weight in Normal-Weight Subjects." *Nutrition and Metabolism* 7:4.
- Cummings, S., E. S. Parham, and G. Strain. 2002. "Position of the American Dietetic Association: Weight Management." *Journal of the American Dietetic Association* 102 (8):1145–55.
- Gannon, M. C., and F. Q. Nuttall. 2006. "Control of Blood Glucose in Type 2 Diabetes without Weight Loss by Modification of Diet Composition." *Nutrition and Metabolism* 3:16. doi:10.1186/1743-7075-3-16.
- Gerstein, D. E., G. Woodward-Lopez, A. E. Evans, K. Kelsey, and A. Drewnowski. 2004. "Clarifying Concepts about Macronutrients' Effects on Satiation and Satiety." *Journal of the American Dietetic Association* 104 (7):1151–53.
- Harding, A.-H., L. A. Sargeant, A. Welch, S. Oakes, R. N. Luben, S. Bingham, N. E. Day, K.-T. Khaw, and N. J. Wareham. 2001. "Fat Consumption and HbA1c Levels: The EPIC-Norfolk Study." *Diabetes Care* 24 (11):1911–16.
- Jenkins, D. J., C. W. Kendall, A. R. Josse, S. Salvatore, F. Brighenti, L. S. Augustin, P. R. Ellis, E. Vidgen, and A. V. Rao. 2006. "Almonds Decrease Postprandial Glycemia, Insulinemia, and Oxidative Damage in Healthy Individuals." *Journal of Nutrition* 136 (12):2987–92.

- Jiang, R., J. E. Manson, M. J. Stampfer, S. Liu, W. C. Willett, and F. B. Hu. 2002. "Nut and Peanut Butter Consumption and Risk of Type 2 Diabetes in Women." *Journal of the American Medical Association* 288 (20):2554–60.
- Kiyici, S., C. Ersoy, O. Oz Gul, E. Sarandol, M. Demirci, E. Tuncel, D. Sigirli, E. Erturk, and S. Imamoglu. 2009. "Total and Acylated Ghrelin Levels in Type 2 Diabetic Patients: Similar Levels Observed after Treatment with Metformin, Pioglitazone, or Diet Therapy." *Experimental and Clinical Endocrinology and Diabetes* 117 (8):386–90.
- Kris-Etherton, P. M., W. S. Harris, and L. J. Appel. 2002. "Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease." *Circulation* 106:2747–57.
- Kusaka, I., S. Nagasaka, H. Horie, and S. Ishibashi. 2008. "Metformin, but Not Pioglitazone, Decreases Postchallenge Plasma Ghrelin Levels in Type 2 Diabetic Patients: A Possible Role in Weight Stability?" *Diabetes, Obesity, and Metabolism* 10 (11):1039–46.
- Lemmer, J. T., D. E. Hurlbut, G. F. Martel, B. L. Tracy, F. M. Ivey, E. J. Metter, J. L. Fozard, J. L. Fleg, and B. F. Hurley. 2000. "Age and Gender Responses to Strength Training and Detraining." *Medicine and Science in Sports and Exercise* 32 (8):1505–12.
- Lichtenstein, A. H., L. J. Appel, M. Brands, M. Carnethon, S. Daniels, H. A. Franch, B. Franklin, P. Kris-Etherton, W. S. Harris, B. Howard, N. Karanja, M. Lefevre, L. Rudel, F. Sacks, L. van Horn, M. Winston, and J. Wylie-Rosett. 2006. "Diet and Lifestyle Recommendations Revision 2006: A Scientific Statement from the American Heart Association Nutrition Committee." *Circulation* 114:82–96.
- The Look AHEAD Research Group. 2010. "Long-term Effects of a Lifestyle Intervention on Weight and Cardiovascular Risk Factors in Individuals with Type 2 Diabetes Mellitus, Four-Year Results of the Look AHEAD Trial." *Archives Internal Medicine* 170 (17):1566-1575. American Heart Association Nutrition Committee." *Circulation* 114:82–96.
- Maddalozzo, G. F., J. J. Widrick, B. J. Cardinal, K. M. Winters-Stone, M. A. Hoffman, and C. M. Snow. 2007. "The Effects of Hormone Replacement Therapy and Resistance Training on Spine Bone Mineral Density in Early Postmenopausal Women." *Bone* 40 (5):1244–51.

- National Diabetes Information Clearinghouse (NDIC). 2008. "Diabetes Prevention Program." NIH Publication no. 09-5099. Bethesda, MD: U.S. Department of Health and Human Services National Institute of Diabetes and Digestive and Kidney Diseases, and National Institutes of Health. [diabetes.niddk.nih.gov/dm/pubs/preventionprogram/](http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/) (accessed September 13, 2011).
- . 2011. "National Diabetes Statistics, 2011: Fast Facts on Diabetes." NIH Publication no. 11-3892. Bethesda, MD: U.S. Department of Health and Human Services National Institute of Diabetes and Digestive and Kidney Diseases, and National Institutes of Health.
- Oldham-Cooper, R. E., C. A. Hardman, C. E. Nicoll, P. J. Rogers, and J. M. Brunstrom. 2011. "Playing a Computer Game during Lunch Affects Fullness, Memory for Lunch, and Later Snack Intake." *American Journal of Clinical Nutrition* 93 (2):308–13.
- Pignone, M., M. J. Alberts, J. A. Colwell, M. Cushman, S. E. Inzucchi, D. Mukherjee, R. S. Rosenson, C. D. Williams, P. W. Wilson, and M. S. Kirkman. 2010. "Aspirin for Primary Prevention of Cardiovascular Events in People with Diabetes: A Position Statement of the American Diabetes Association, a Scientific Statement of the American Heart Association, and an Expert Consensus Document of the American College of Cardiology Foundation." *Circulation* 121 (24):2694–701.
- Pinelli, N. R., A. Jantz, Z. Smith, A. Abouhassan, Christina Ayar, N. A. Jaber, A. W. Clarke, R. L. Commissaris, and L. A. Jaber. 2011. "Effect of Administration Time of Exenatide on Satiety Responses, Blood Glucose, and Adverse Events in Healthy Volunteers." *Journal of Clinical Pharmacology* 51 (2):165–72.
- Sigal, R. J., G. P. Kenny, D. H. Wasserman, and C. Castaneda-Sceppa. 2004. "Physical Activity/Exercise and Type 2 Diabetes." *Diabetes Care* 27 (10):2518–39.
- Sigal, R. J., G. P. Kenny, D. H. Wasserman, C. Castaneda-Sceppa, and R. D. White. 2006. "Physical Activity/Exercise and Type 2 Diabetes: A Consensus Statement from the American Diabetes Association." *Diabetes Care* 29 (6):1433–38. doi:10.2337/dc06-9910.
- United States Department of Agriculture (USDA). 2010. *Dietary Guidelines for Americans, 2010*. [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

- Wheeler, M. L., X. Pi-Sunyer. 2008. "Carbohydrate Issues: Type and Amount." *Journal American Dietetic Association (ADA)*. 2008; 108:S34-S39.
- Wien, M., D. Bleich, M. Raghuvanshi, S. Gould-Forgerite, J. Gomes, L. Monahan-Couch, and K. Oda. 2010. "Almond Consumption and Cardiovascular Risk Factors in Adults with Prediabetes." *Journal of the American College of Nutrition* 29 (3):189–97.
- Wolf, G., and E. Ritz. 2005. "Combination Therapy with ACE Inhibitors and Angiotensin II Receptor Blockers to Halt Progression of Chronic Renal Disease: Pathophysiology and Indications." *Kidney International* 67 (3):799–812.