

The Complete Nutritional Solution to Diabetes: Ria Catsicas

Ria Catsicas RD (SA) is a registered clinical dietician who has been in private practice for 20 years. She graduated with a BSc (Hons) (cum laude) in Dietetics from the North West University and subsequently completed a BA (Psychology) from UNISA. She is currently studying a Master's degree in Nutrition with a special focus on diabetes.

Ria has been involved in the nutritional aspects of diabetes since she was asked by Diabetes South Africa to establish a support group for parents of children with type 1 diabetes. She is registered with the Health Professions Council of South Africa and is a member of the Association of Dietetics of South Africa.

The Complete Nutritional Solution to Diabetes is the first book of its kind that examines the relationship between nutrition and diabetes. It gives the reader a comprehensive understanding of how and why nutrition helps with glycaemic

control in the short term, and the complications of poor glycaemic control in the long term.

Good nutrition is a critical element to achieving optimal blood glucose levels. *The Complete Nutritional Solution to Diabetes* guides the reader from diagnosis of diabetes, through the fundamental principles of good nutrition, to the importance of regular physical activity.

Chapters are dedicated to the subject of carbohydrates (the importance of glycaemic load), the role of fats and protein, and how to incorporate whole grains, sugar and sweeteners into our diets. Ria has also incorporated a chapter on the special needs of children and adolescents with diabetes.

A unique feature of the book is the meal plans provided, based on three levels of intake. These meal plans are complemented with 44 recipes that are suitable for the entire family, ranging from breakfasts

to desserts.

This book is a must read for anyone with type 1 or 2 diabetes and even for those who are pre-diabetic. We are what we eat; and the reader will be empowered to make the right nutritional choices.

The book is available from bookstores nationwide, the South African Diabetes Association and from the following websites: www.kalahari.com and www.nutritionalsolutions.co.za.

To win a copy of *The Complete Nutritional Solution to Diabetes*, simply e-mail Wendy on wendy.icon@wol.co.za with your name, speciality and address by 20 October 2009.

Congratulations to Dr D Craven and Mrs M van Wyk, who won the June book giveaway of the *South African Cookbook for Diabetes and Insulin Resistance 1* by Hilda Lategan.

GIVEAWAY

**The Complete
Nutritional
Solution to
DIABETES**

Ria Catsicas

Diabetes is a chronic disease that can lead to serious health problems and, unfortunately, the condition cannot be cured. The Complete Nutritional Solution to Diabetes provides the reader with the information to live a healthy life with diabetes. It shows how to control blood glucose levels and maintain an optimal weight through diet and exercise. It also provides the key to managing glucose levels and the best ways to take insulin. It covers the relationship between diet, exercise, and blood glucose levels, and how to incorporate whole grains into your diet. It also provides information on how to manage the symptoms of regular physical activity. It is written by a leading expert in diabetes and addresses the needs of people with diabetes. It is a must-read for anyone with diabetes and their families. It is available in paperback and hardcover. It is available in English and Afrikaans. It is available in South Africa and other countries. It is available in paperback and hardcover. It is available in English and Afrikaans. It is available in South Africa and other countries. It is available in paperback and hardcover. It is available in English and Afrikaans. It is available in South Africa and other countries.

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