American Diabetes Association®

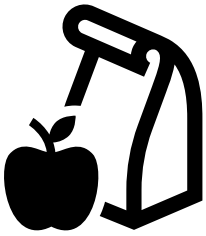
Nutrition

Access to a balanced diet that accounts for the unique needs of individuals living with diabetes and prediabetes is imperative for chronic disease management and treatment. The knowledge and tools provided by nutrition education and guidance helps people with diabetes and other chronic conditions make informed dietary choices that align with their medical needs, ultimately reducing health care costs and improving health.

The American Diabetes Association® (ADA) Urges Congress to Support Access to Nutritious Food and Appropriate Nutrition Guidance

Support Funding for Nutrition Programs

- A reduction in access to essential nutrition programs would devastate individuals living with diabetes that have limited access to healthy foods, making it difficult to manage their care and prevent comorbidities or hospitalizations that may result from inadequate nutrition management.
- Decreased access to Supplemental Nutrition Assistance Program (SNAP) and other food assistance programs would have a significant impact on individuals with prediabetes and diabetes who rely on these programs to help manage their conditions. Individuals with food insecurity are at increased risk for developing type 2 diabetes.
- Studies show that an increase in SNAP participation leads to lower increases in diabetes prevalence and a reduced reliance on prescription medication to manage care.



Ensure Dietary Guidelines Account for Individuals with Chronic Conditions

- 12% of the U.S. population is living with diabetes. While the Dietary Guidelines for Americans are updated approximately every five years, the nutritional needs of individuals with diabetes and other chronic conditions are often overlooked during this process. Currently, 60% of individuals in the U.S. are living with at least one chronic disease.
- The federal government's recommendations on nutrition should be dictated by the full scope of scientific evidence and account for the dietary needs of individuals living with chronic conditions including diabetes, prediabetes, and obesity.