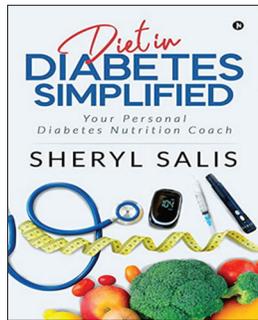


Diet in Diabetes Simplified: Your Personal Diabetes Nutrition Coach. Sheryl Salis

Sofia Rani Saggi*



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The book *"Diet in diabetes simplified, your personal diabetes nutrition coach"* by author, Sheryl Salis^[1] is the need of the hour as sixty million diabetic citizens of *"The Diabetes Capital of the world"* are projected to double to a hundred million diabetics in the year 2030.^[2] With stalwarts of India forwarding the book as credible and ethical, the book succeeds in closing the gap between scientific dissemination of knowledge and practical messages that prompt behavioral modifications. It has been fore-worded by infamous diabetologists such as Dr. Mohan. V, Dr. Apsi. J, including top dieticians Dr. Jagmeet Madan and Dr. Gourpriya Koppikar.

Crucial dietary advice that by large has the power to control and/or reverse diabetes is often lost between doctornurse consultations. Diabetic individuals are left at the mercy of information available at their fingertips on the internet, which is filled with ads and fads. This misinformation can further aggravate the lack of lifestyle modifications in the prognosis of diabetes. The targeted audience of this book are patients and their primary caregivers, but it could very well be a general guide to the medical and academic fraternity, as it encapsulates recent advances in nutrition. The book contains 19 sections, each with evidence-based topical information followed by real-life case studies and examples. It begins with the basics of nutrition, which is the core of any lifestyle change. It goes on to highlight diabetic-specific dietary advice to discussions on Glycaemic Index, Glycaemic load, and Carbohydrate counting as a story. Management of related conditions such as hypoglycemia, cholesterol, and triglycerides,

Department of Food, Nutrition and Public health, ECHS, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj, Uttar Pradesh, India

Corresponding Author: Sofia Rani Saggi, Department of Food, Nutrition and Public health, ECHS, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj, Uttar Pradesh, India. E-mail: sofia.saggi@gmail.com

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and importantly gestational diabetes, are discussed. Snippets of frequently asked questions, pictures of food, cooking methods run as a common thread through the book. This ensures easy and active reading. The book also encourages readers to look beyond nutrition and dedicates an entire section to exercise. The author leaves us with promising practical takeaways such as smart cooking ideas, reading labels, tips on eating out, and a compilation of healthy recipes. With the inclusion of traditionally and seasonally available ingredients, it is guaranteed to bring about behavioral modifications quicker. The book concludes with testimonials proving the authenticity of knowledge that translates to practicality, true to its title.

The relevance and timeliness of this book are unmatched firstly as India faces a rising wave of Type 1 and Type 2 diabetes. And second, as the author uses clear language and concepts that connect to a lay reader, it is indeed a valuable resource for students, patients, caretakers, practitioners, and any person with an interest in the impact of diet on diabetes. A second edition has been released owing to its demand. This comprehensive guide, though may seem simple, is bound to create ripples of change in the public health nutrition front of India.

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