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## Module 8 – Optimizing Nutrition and Lifestyle

### Downloads:

- Provider Handouts
  - [Acronym List](#)
  - [Nutrition Conversation Starter](#)
  - [Diabetes Placemats](#)
  - [2019 Nutrition Consensus Report](#)
  - [Pharmacologic Agents for Diabetes and Obesity](#)
  - [Weight Management Treatment Options\\_HCP](#)
  
- Patient Handouts
  - [Food Groups and Portion Sizes](#)
  - [Nutrition Best Foods](#)
  - [Nutrition Smart Snacks](#)
  - [Sugar Substitutes](#)
  - [Nutrition FAQs](#)
  - [CGM Diabetes Technology and Nutrition](#)
  - [CGM and Nutrition](#)
  - [Food and Activity Tracker](#)
  - [Blood Glucose Log](#)
  - [Making Choices Using Food Labels](#)
  - [Physical Activity](#)
  - [Getting Started With Physical Activity for People With Diabetes](#)
  - [Starter Walking Plan](#)
  - [What Can I Drink?](#)
  - [Plan Your Plate](#)
  - [Continuous Glucose Monitoring \(CGM\)](#)
  - [Importance of Physical Activity](#)
  - [Types of Physical Activity](#)
  - [Medications for Obesity](#)
  - [Weight Management Treatment Options](#)

### Online Links:

- Provider Links
  - [Association of Diabetes Care & Education Specialists Tool & Resources](#)
  - [Standards of Care in Diabetes —2024 Section 5: Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes](#)
  - [Standards of Care—2024 Section 8: Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes](#)

- [Abridged Standards of Care—2024 Section 5: Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes](#)
- [Abridged Standards of Care—2024 Section 8: Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes](#)
- [Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report](#)
- [Nutrition & Technology Resources](#)
- [Standards of Care App](#)
- ADA's Clinical Support [Patient Education Library](#)
- ADA's Professional Development [Infographics](#)
- Additional Courses
  - [Supporting Healthy Eating Habits Through Continuous Glucose Monitors CE Program](#)
  - [Making Diabetes Technology Work CE Program](#)
  - [Incretins and Weight Management for Type 2 Diabetes](#)
- Patient Links
  - ADA's [Understanding Carbs](#)
  - [Diabetes Food Hub](#)
  - [Food Data Central](#)