

27th International Conference on

Diabetes and Endocrinology

May 16-17, 2019 | Prague, Czech Republic

Eating well with Diabetes


Rowena Leung

Canadian Registered Dietitian & Certified Diabetes Educator, USA

As a Registered Dietitian, my job is to help individuals adapt better eating habits and/or lifestyles daily. Often, individuals may already believe he/she lives a good lifestyle and/or has good eating habits. Through my lens as a Registered Dietitian and Certified Diabetes Educator, I can fine tune habits of various individuals. As a retail dietitian, I am an individual who sees the products go on the shelf firsthand; I am an individual who loves to try new food products. As a result, my clients always get practical recommendations as I always recommend products I have tried and/or recipes I have tried and love. As an individual who loves to travel, I am also aware of products available around the world. As an individual who is quite social, I often am found out with friends enjoying a meal. As a result, I can relate easily

to clients as I live his/her lifestyle (i.e. someone who enjoys life but knows how to include all foods in moderation). Through this presentation, you will learn simple dietary tips to help better your blood sugar control. As part of the presentation, you will learn fast, easy and healthy recipes appropriate for busy families and/or families of 1 or 2 who are all living with someone with diabetes. As a Registered Dietitian and Certified Diabetes Educator, I see myself as a cheerleader. I will always be on the sidelines cheering my clients on. I will provide the motivation he/she needs when he/she feels defeated and almost want to give up. I can also provide the accountability should someone need to check in on a regular basis to make sure he/she achieves his/her goal.

e: rowenayiukayleung@gmail.com

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