



**The Good Clean Nutrition Podcast
Episode 19 Show Notes**

Episode 19: Managing Diabetes & The Road to Better Blood Sugar Control with Kim Rose, RDN, CDCES, CNSC, LD

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy! Each episode provides healthcare practitioners and health-minded consumers expert information on current and trending topics. In honor of November being National Diabetes Awareness Month, Mary welcomes guest Kim Rose to the podcast to discuss all things diabetes, from how we frame the disease and get on the path to a better blood sugar journey, to the latest research about resistant starch, the gut microbiome, and the pros and cons of consuming non-caloric sweeteners in place of sugar.

Kim Rose, RDN, CDCES, CNSC, LD is a registered dietitian nutritionist specializing in diabetes care and management and valued member of Orgain's Nutrition Advisory Board. She earned a B.S. in Dietetics and B.S. in Exercise Physiology from The Florida State University and is a Certified Diabetes Care and Education Specialist and Certified Nutrition Support Clinician. With over a decade of experience, Kim has taught thousands of people dietary and lifestyle strategies to manage blood sugar while still enjoying the cultural foods they love. In her private practice she uproots common food-related misconceptions and empowers her clients to build sustainable (and tasty) eating patterns.

Kim kicks off the conversation by explaining how she became interested in working with people with diabetes and goes on to explore the current state of diabetes. According to the CDC, more than 37 million Americans have diabetes, and 1 in 3 Americans are living with prediabetes. Kim says the patients she sees often come to her blaming themselves for having diabetes or pre-diabetes. In response to this she urges healthcare professionals to reframe their word choices to help limit this type of thinking, to help decrease morbidity and mortality. She believes healthcare professionals should aim to equip and empower patients with knowledge they need to make sustainable choices that work for them.

She goes on to discuss the standards of care for diabetes management, including targeted glycemic control, and setting individualized goals depending on age and activity level. Kim shares a personal story that one of her patients was recommended by their doctor to not eat "white foods" including white bread, onions, garlic, milk and yogurt, and explains how this can lead to disordered eating and that there are no "good foods" and "bad foods". Kim discussed how social determinants of health could explain why diabetes disproportionately impacts people of color. She also shared strategies on incorporating cultural foods while also helping patients manage their diabetes, and additional recommendations to help healthcare practitioners be culturally competent when working with patients.

The conversation switches gears as Kim discusses non-caloric sweeteners and sugar alcohols. She emphasizes the importance of meeting patients where they are to help them form sustainable habits instead of simply telling patients what to do. Lastly, she urges listeners, especially registered dietitians, to get involved in their local communities to help them understand the needs in their community and different ways they can play a part and make a difference.



Links:

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Connect with Kim Rose on [Instagram](#), [YouTube](#), and visit her [website](#).

Check out [Orgain's Nutrition Advisory Board](#).

For more on gut health from The Good Clean Nutrition Podcast, listen to [Episode 13: Gut Feelings: Dietary Strategies for IBS Management with Will Bulsiewicz, MD, MSCI](#).

Learn more about [Diversity in Diabetes](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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