

NUTRITIONAL MEDICINE

[Diabetes Diet/Nutrition Guide | Healthy Eating for Diabetes](#)

Learn about food habits that can help keep your blood sugar levels in a safe range. A low-carb diet can help you manage your blood sugar levels.

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2. Nutritional Medicine

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[www.nature.com › articles › s41591/023/02330-7](http://www.nature.com/articles/s41591/023/02330-7) Food as medicine: translating the evidence - Nature Medicine

Apr 11, 2023 · Beyond its essential role in providing nutrients, food can be a powerful tool in the prevention and treatment of disease. In this issue of Nature Medicine, several studies shed new