



FREE
1.0
RN CE
RD CPEU

Low Calorie Diets and Lifestyle Strategies for Type 2 Diabetes Management

LEARNING OBJECTIVES:

- Explain the mechanisms by which low calorie diets contribute to diabetes remission, including the impact of rapid weight loss on insulin sensitivity and beta-cell function.
- Identify best practices and evidence-based lifestyle interventions that complement low calorie diets to enhance diabetes remission efforts.
- Analyze recent research findings on low calorie diets and diabetes remission to inform clinical practice with a focus on long-term outcomes and sustainability.

DATES/TIMES:

Tuesday, 5 May 2026

7:30 PM - 8:30 PM EDT

Wednesday, 6 May 2026

7:30 AM-8:30 AM SGT, CST, MYT

**CLICK HERE
TO REGISTER**



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Low Calorie Diets and Lifestyle Strategies for Type 2 Diabetes Management awards 1.0 CPEU in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.