

Director, Book Operations, Victor Van Beuren; *Managing Editor, Books*, John Clark; *Associate Director, Book Marketing*, Annette Reape; *Project Manager, Editor, and Composition*, Jeska Horgan-Kobelski; *Printer*, Lightning Source.

©2021 by the American Diabetes Association, Inc.® All Rights Reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including duplication, recording, or any information storage and retrieval system, without the prior written permission of the American Diabetes Association.

Printed in the United States of America

1 3 5 7 9 10 8 6 4 2

The suggestions and information contained in this publication are generally consistent with the *Standards of Medical Care in Diabetes* and other policies of the American Diabetes Association, but they do not represent the policy or position of the Association or any of its boards or committees. Reasonable steps have been taken to ensure the accuracy of the information presented. However, the American Diabetes Association cannot ensure the safety or efficacy of any product or service described in this publication. Individuals are advised to consult a physician or other appropriate health care professional before undertaking any diet or exercise program or taking any medication referred to in this publication. Professionals must use and apply their own professional judgment, experience, and training and should not rely solely on the information contained in this publication before prescribing any diet, exercise, or medication. The American Diabetes Association—its officers, directors, employees, volunteers, and members—assumes no responsibility or liability for personal or other injury, loss, or damage that may result from the suggestions or information in this publication.

∞ The paper in this publication meets the requirements of the ANSI Standard Z39.48-1992 (permanence of paper).

American Diabetes Association titles may be purchased for business or promotional use or for special sales. To purchase more than 50 copies of this book at a discount, or for custom editions of this book with your logo, contact the American Diabetes Association at the address below or at booksales@diabetes.org.

American Diabetes Association
2451 Crystal Drive, Suite 900
Arlington, VA 22202

DOI: 10.2337/9781580407908

Library of Congress Control Number: 2021942441