FROM RESEARCH TO PRACTICE

67 Preface
Melinda D. Maryniuk, Guest Editor

72 Mediterranean Eating Pattern
Jackie L. Boucher

76 DASH Eating Plan: An Eating Pattern for Diabetes Management
Amy P. Campbell

82 Vegetarian Diets in the Prevention and Management of Diabetes and Its Complications
Roman Pawlak

89 Mindful Eating With Diabetes
Carla K. Miller

95 Insights From the National Diabetes Education Program National Diabetes Survey: Opportunities for Diabetes Self-Management Education and Support
Linda J. Piccinino, Roshni Devchand, Joanne Gallivan, Diane Tuncer, Christina Nichols, and Linda M. Siminerio

101 Phosphate Additive Avoidance in Chronic Kidney Disease
David E. St-Jules, David S. Goldfarb, Mary Lou Pompeii, and Mary Ann Sevick

FEATURE ARTICLE

108 Young Adults With Type 1 Diabetes: Romantic Relationships and Implications for Well-Being
Vicki S. Helgeson

DEPARTMENTS

118 Nutrition FYI: The Gluten-Free Diet: Fad or Necessity?
Amy L. Jones

124 Care Innovations: Interactive Video Telehealth Models to Improve Access to Diabetes Specialty Care and Education in the Rural Setting: A Systematic Review
Susan Florence McLendon

137 Pharmacy and Therapeutics: A Review of the Efficacy and Safety of Sodium–Glucose Cotransporter 2 Inhibitors: A Focus on Diabetic Ketoacidosis
Ashley M. Zurek, Raghunandan Yendapally, and Elizabeth M. Urteaga