From Research to Practice

111 Update on Nutrition Guidelines and Practices in Diabetes: Preface
Patti Urbanski, Guest Editor

113 What Makes Nutrition Research So Difficult to Conduct and Interpret?
Mara Z. Vitolins and Talsi L. Case

117 Energy Balance and Weight Loss for Diabetes Remission
Donna H. Ryan

125 An Update on the Mediterranean, Vegetarian, and DASH Eating Patterns in People With Type 2 Diabetes
Gretchen Benson and Joy Hayes

133 Low-Carbohydrate and Very-Low-Carbohydrate Diets in Patients With Diabetes
Jennifer D. Merrill, Diana Soliman, Nitya Kumar, Sooyoung Lim, Afreen I. Shariff, and William S. Yancy, Jr.

143 Calorie Restriction and Intermittent Fasting: Impact on Glycemic Control in People With Diabetes
Kavitha Ganesan, Yacob Habboush, and Samuel Dagogo-Jack

149 Factors Beyond Carbohydrate to Consider When Determining Meantime Insulin Doses: Protein, Fat, Timing, and Technology
Alison B. Evert

Feature Articles

156 Culture, Social Support, and Diabetes Empowerment Among American Indian Adults Living With Type 2 Diabetes
Migis B. Gonzalez, Kaley A. Herman, and Melissa L. Walls

165 Combining Glucagon-Like Peptide 1 Receptor Agonists and Sodium–Glucose Cotransporter 2 Inhibitors to Target Multiple Organ Defects in Type 2 Diabetes
John E. Anderson

175 Diabetes and Humor: A Preliminary Investigation
David S. Greene, Nancy Dunavant King, and Jean Bryan Coe

182 Use of Premixed Insulin, Metformin, and a Glucagon-Like Peptide 1 Receptor Agonist as a Therapeutic Approach for Uncontrolled Type 2 Diabetes
Nicole Ehrhardt, Sasan Fazeli, Sanjana Rao, and Richard Amdur

190 Health Care Providers’ Perspectives on Barriers and Facilitators to Care for Low-Income Pregnant Women With Diabetes
Lynn M. Yee, Karolina Leziak, Jenise Jackson, Charlotte M. Niznik, and Melissa A. Simon

Pharmacy and Therapeutics

210 Pharmacist-Provided Diabetes Education and Management in a Diverse, Medically Underserved Population
Kristina Wood Naseman, Andrew S. Faiella and Garrett M. Lambert