

Diabetes Education Programs

Information for Health Professionals

Dose Adjustment For Normal Eating (DAFNE)

DAFNE stands for **D**ose **A**djustment **F**or **N**ormal **E**ating and it refers to a particular approach to managing diabetes by working out how much insulin to give, based on carbohydrate intake.

DAFNE teaches skills and techniques to very **accurately** work out how much insulin is needed, rather than just guessing. With DAFNE the young person eats what they want and when they want providing they match the food with insulin.

Currently many centres around Australia are offering D.A.F.N.E training for people with Type 1 diabetes who are 17yrs and older. If you would like to know more go to the OzDAFNE website www.dafne.org.au