How to find journal articles?
Option A: Basic Search

**Step 1:** Enter keywords

**Step 2:** Select search modes and expanders
Basic - Search Options

**Step 3:** Limit to articles available in full text only

**Optional:** Search in specified publication

**Optional:** Limit to specific published period

**Optional:** Limit to specific publication type

**Step 4:** Click on the Search icon
Option B: Advanced Search

Step 1: Enter keywords

Step 2: Combine search terms with Boolean operators

Optional: Search different fields

Optional: Add/Remove a row
Advanced - Search Options

**Step 3:** Limit to articles available in full text only

**Optional:** Limit to specific published period

**Optional:** Search in specific publication
Advanced - Search Options

Optional: Limit to specific publication type

Step 4: Click on the Search icon
Search Results

Step 5: Refine results using the facets

By default: Results are arranged by Relevance

Step 6: Click on the PDF Full Text icon
Dietary fats in the management of diabetes

Trudi Deakin

We all know that people with diabetes benefit from a healthy lifestyle and many education programmes aim to educate people about the benefits of a healthy diet. However, there continues to be much debate about what a healthy diet consists of and many healthcare professionals report feeling confused about the advice they should be providing. This article discusses the debate surrounding the low-fat diet and explains some of the research into dietary fats, diabetes and cardiovascular disease.