

WHAT DO PEOPLE EXPERIENCE?

When people with type 2 diabetes follow a low carbohydrate diet there are some common experiences:

- Reduced hunger
- Weight loss occurs, which is often especially noticeable on the abdomen
- Blood sugar levels improve
- Blood pressure can reduce
- Fasting blood lipids improve (importantly HDL-cholesterol, 'good cholesterol', goes up and triglycerides go down)

WHAT CHECKS ARE NEEDED?

Before changing diet a blood test (including HbA1c, fasting lipids), weight, waist circumference and blood pressure are useful. Repeating the measurements at 2 to 3 months is usually about the right time to assess for improved biomarkers of metabolic health.

Medication: medications which lower blood glucose level, including insulin and sulphonylureas, must be reviewed when dietary carbohydrate intake is reduced. Hypoglycaemia is a risk if insulin levels are kept artificially high on a low carbohydrate diet.



REVERSED TYPE 2 DIABETES



HALVED MEDICATION

PROBLEMS TO LOOK OUT FOR

Many people seem to do very well when transitioning to a low carbohydrate diet. However for others, the first couple of weeks can be a challenge; sometimes fatigue and headaches are experienced. This seems to be a more common problem when switching to a low carbohydrate diet is done rapidly. After 2 weeks many people find their energy levels increase and early 'side effects' ease off and disappear.

One of the other challenges many people experience is a difficulty in cutting out sugar. For some people sugar seems to be quite addictive. Reassuringly any cravings seem to reduce in the first few weeks, and by 2 to 3 months the 'addiction' seems have gone.

WHERE TO FIND OUT MORE

The Low Carb Program was created to support people through a lifestyle change towards a low carbohydrate diet. It is available as a smartphone and tablet app 'Low Carb Program', and at LowCarbProgram.com.

Please visit LowCarbProgram.com to apply for a more detailed healthcare professional information pack. This pack provides a more in depth discussion of low carbohydrate diets as well as details on the Low Carb Program.



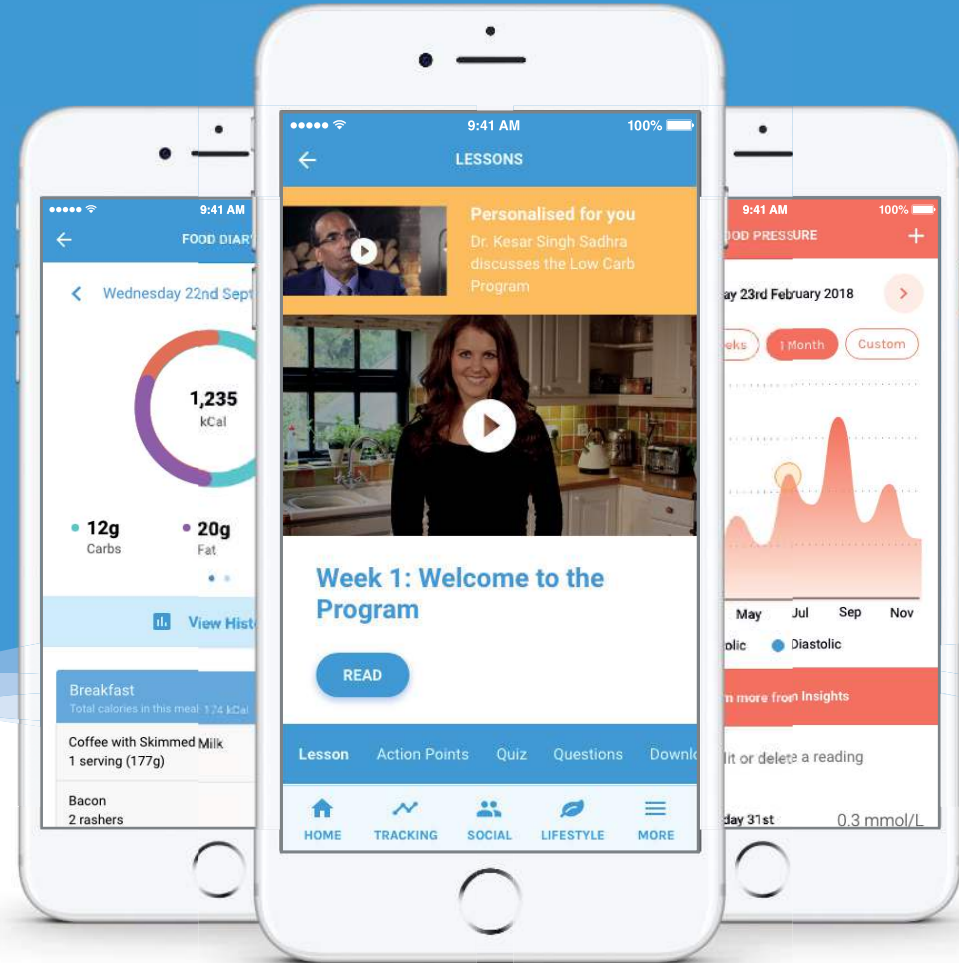
¹ McCombie Louise, Leslie Wilma, Taylor Roy, Kennon Brian, Sattar Naveed, Lean Mike E J et al. Beating type 2 diabetes into remission BMJ 2017; 358 :j4030

² Saslow LR, Summers C, Aikens JE, Unwin DJ. Outcomes of a Digitally Delivered Low-Carbohydrate Type 2 Diabetes Self-Management Program: 1-Year Results of a Single-Arm Longitudinal Study.



THE LOW CARBOHYDRATE APPROACH TO TYPE 2 DIABETES, PREDIABETES AND OBESITY MANAGEMENT

A BRIEF OVERVIEW FOR HEALTHCARE PROFESSIONALS









THE LOW CARB APPROACH

A low carbohydrate approach is now a commonly used lifestyle choice for people diagnosed with type 2 diabetes, prediabetes and obesity. This leaflet was produced by Diabetes.co.uk as an overview of the low carbohydrate dietary approach. If you are a healthcare professional and would like to find out more, visit [LowCarbProgram.com](https://www.LowCarbProgram.com) to request a free document offering further information and evidence.

The Low Carb Program is a structured behavioural change program for people with type 2 diabetes, prediabetes and obesity.

WHAT COULD I ACHIEVE?

MEMBERS WHO COMPLETE THE PROGRAM AT 1 YEAR

 7.4kg average weight loss (7% of body weight)	 1.2% HbA1c reduction (13 mmol/mol)	 39% reduce their HbA1c below type 2 diabetes threshold
 40% eliminate one or more medications	 60% are able to reduce or eliminate insulin	 1 in 4 people place their type 2 diabetes into remission

“ A diagnosis of prediabetes or type 2 diabetes can be a golden opportunity for patients to choose to change their diet to avoid lifelong medication.
Dr David Unwin



TYPE 2 DIABETES CAN BE PUT INTO REMISSION

Type 2 diabetes is preventable. It is also now known type 2 diabetes is a condition that, for many people, can be placed into remission. Remission of type 2 diabetes refers to an HbA1c under the diagnostic level without the use of medication for one year. Remission can be achieved through lifestyle modification.¹

A low carbohydrate approach is an effective lifestyle approach that can achieve remission of type 2 diabetes. Importantly people also often find this approach an acceptable and enjoyable experience, and see results within a few weeks which are then sustained.²

THE LOW CARB APPROACH - HOW LOW TO GO

A low carbohydrate approach involves adjusting the diet to reduce the amount of carbohydrate, and specifically glucose, a person eats. Glucose is a sugar, so sugary foods need to be drastically reduced. Glucose is also the building block of starch, and therefore a low carbohydrate diet means a reduction in starchy foods.

How low to go with dietary carbohydrate will vary for different people. It will depend on the severity of insulin resistance a person has, what they are wishing to achieve, and of course their preferences and other lifestyle factors. Generally a low carbohydrate diet means eating less than 130g of carbohydrate a day, and for some people it may need to be down to 50g a day.



FOOD CHOICES

Eating real, natural food and minimising processed refined foods is important. Below are some example food lists of what to eat on a low carbohydrate diet. This brief list is for general information, people may need to tailor their choices to achieve their goals and results

ENJOY AS MUCH AS DESIRED



- Fish
- Eggs
- Leafy greens
- Most nuts / seeds
- Meat
- Water
- Full-fat yoghurt

IF DESIRED, ENJOY IN MODERATION



- Lower sugar fruit (e.g. berries, apples)
- Cheese
- Dark chocolate
- Low sugar alcohol
- Cashew nuts
- Processed meats

AIM TO AVOID, OR KEEP TO A MINIMUM



- Fizzy drinks
- Sweets
- Potatoes
- Pasta / rice
- Bread / cereals
- Cakes / biscuits
- Fruit juice
- Beer