



# TYPE 2 DIABETES

## REFERENCE HANDOUT



‘Reducing overall carbohydrate intake for individuals with diabetes has demonstrated the most evidence for improving glycemia’

- [American Diabetes Association 2020](#)



### REVERSING TYPE 2 DIABETES

Currently there are three proven methods to “reverse” type 2 diabetes mellitus (T2DM):

1. Bariatric surgery in those who are morbidly obese;
2. A low-calorie (low-carbohydrate) diet initiated with the use of a commercially-available meal replacement formula; and
3. A low-carbohydrate ketogenic diet

[Professor Tim Noakes discusses each approach in this article.](#) and explains why a low carbohydrate ketogenic diet is the most sustainable, evidence-based method.



### SYSTEMATIC REVIEWS, META-ANALYSIS AND NARRATIVE REVIEWS

Turton J, Brinkworth GD, Field R, Parker H, Rooney K. An evidence-based approach to developing low-carbohydrate diets for type 2 diabetes management: a systematic review of interventions and methods. *Diabetes, Obesity and Metabolism*.

[doi:10.1111/dom.13837](https://doi.org/10.1111/dom.13837)

Ajala O, English P, Pinkney J. Systematic review and meta-analysis of different dietary approaches to the management of type 2 diabetes. *Am J Clin Nutr*. 2013;97(3):505-516. [doi:10.3945/ajcn.112.042457](https://doi.org/10.3945/ajcn.112.042457)

Hallberg SJ, Gershuni VM, Hazbun TL, Athinarayanan SJ. Reversing Type 2 Diabetes: A Narrative Review of the Evidence. *Nutrients*. 2019;11(4):766.

[doi:10.3390/nu11040766](https://doi.org/10.3390/nu11040766)



## TRIALS/STUDIES

Tay J, Thompson CH, Luscombe-Marsh ND, et al. Effects of an energy-restricted low-carbohydrate, high unsaturated fat/low saturated fat diet versus a high-carbohydrate, low-fat diet in type 2 diabetes: A 2-year randomized clinical trial. *Diabetes Obes Metab*. 2018;20(4):858-871. [doi:10.1111/dom.13164](https://doi.org/10.1111/dom.13164)

Saslow LR, Daubenmier JJ, Moskowitz JT, et al. Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes. *Nutr Diabetes*. 2017;7(12):304. [doi:10.1038/s41387-017-0006-9](https://doi.org/10.1038/s41387-017-0006-9)

Athinarayanan SJ, Adams RN, Hallberg SJ, et al. Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. *Front Endocrinol*. 2019;10. [doi:10.3389/fendo.2019.00348](https://doi.org/10.3389/fendo.2019.00348)



## GENERAL RESOURCES - IMPLEMENTATION AND DE-PRESCRIBING

Low-Carbohydrate Nutrition Approaches in Patients with Obesity, Prediabetes and Type 2 Diabetes - Low Carb Nutrition - Queen's Units.

<http://eguideline.guidelinecentral.com/i/1183584-low-carb-nutrition-queens-units/0?>

Murdoch C, Unwin D, Cavan D, Cucuzzella M, Patel M. Adapting diabetes medication for low carbohydrate management of type 2 diabetes: a practical guide. *Br J Gen Pract*. 2019;69(684):360-361. [doi:10.3399/bjgp19X704525](https://doi.org/10.3399/bjgp19X704525)

Clinical Guidelines for Therapeutic Carbohydrate Restriction. Low Carb USA.

<https://www.lowcarbusa.org/standard-of-care/clinical-guidelines/PDF>

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'The clear [evidence](#) is that carbohydrate restriction plays a unique role in managing insulin resistance and in reversing the metabolic syndrome and this effect is independent of weight loss' - **Professor Tim Noakes**

# Exclusive OFFER!

Want to find out more about How Type 1 & 2 Diabetes may be successfully managed and, in the case of Type 2 Diabetes, reversed using a Low Carbohydrate High Fat or Ketogenic Diet?

Enrol in the Nutrition Network Diabetes Reversal Training today!

## LECTURERS



**DR MARK CUCUZZELLA**

Diabesity & LCHF in Clinical Practice and Medication Reduction



**PROF TIM NOAKES**

Four-part series diving deep into Diabetes Reversal



**DR HASSINA KAJEE**

Pathophysiology of the Complications of Chronic Hyperglycaemia



**TAMZYN MURPHY RD**

LCHF for T2DM



**DR NEVILLE WELLINGTON**

Type 1 Diabetes

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