

Dietary interventions for people with diabetes

Dietary interventions should aim to:

1

Control portion sizes to ensure weight loss or maintenance

2

Reduce consumption of saturated fat

3

Increase consumption of fruit and vegetables

4

Include whole grains, legumes and tree nuts (where appropriate)

5

Minimize consumption of red meat, prioritizing poultry and fish (where appropriate)

6

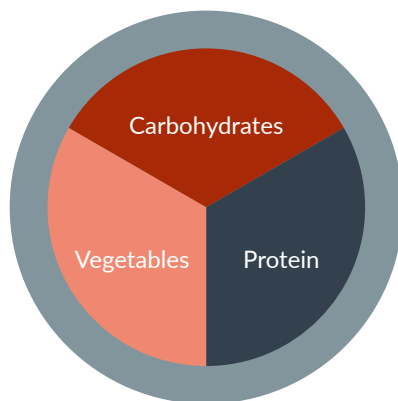
Avoid sugar sweetened beverages

7

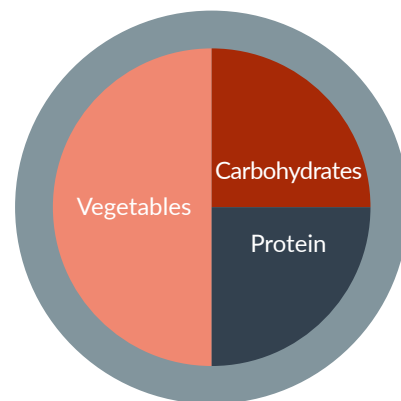
Encourage low-moderate alcohol consumption

Building a healthy plate to support portion control in diabetes

If the goal is weight maintenance, use the Y-model



If the goal is weight loss, use the T-model



A lower carb diet may improve glycaemia in people with diabetes

<130g of carbohydrates per day is associated with **greater blood glucose reduction**, **weight loss** and rates of **diabetes remission** at 1 year than low-fat or low-calorie diets.

Individuals with type 2 diabetes following a low-carbohydrate diet were 32% **more likely to have blood glucose levels close to the normal range** and lost 7.41 kg more weight versus those on a low fat/low calorie diet.

Lower carb diets are naturally **low in sugar** which is important in diabetes management. People following a low-carb diet should be **mindful about saturated fat intake**.

Examples of low carb food options include:

- Meat and fish
- Berries
- Watermelon
- Non-root vegetables (e.g. okra, cauliflower, broccoli, cucumber, tomatoes, aubergine, courgettes, leafy greens)
- Eggs
- Nuts
- Plain yogurt
- Cheese

Example global low carb meal plans can be found online.