

1.1. Eating patterns and their effect on Type 2 Diabetes

1. **African eating pattern:** Encourages cooked green vegetables, unprocessed starchy carbohydrates, rich in unprocessed meats and fish, rich in saturated fats and oils (palm oil and coconut oil), and usually has a high salt content. There is no documented evidence that the African eating pattern reduces blood sugar, blood pressure, blood lipids, or weight loss.
2. **Dietary Approach to Stopping Hypertension (DASH):** Encourages whole grains, vegetables, fruits, lean and unprocessed meats, fish, low dairy, nuts, legumes, and unsaturated fats. Highly discourages consumption of sugar, saturated fats, and trans fats. There is documented evidence that the DASH diet reduces blood pressure and promotes weight loss. However, there is no evidence that it significantly reduces blood sugar, HBA1C and blood lipids.
3. **Mediterranean style diet:** Encourages ample consumption of vegetables, legumes, lentils, nuts and seeds, fruits, and whole grains, fish, and seafood. This diet encourages moderate to low consumption of dairy products (yoghurt and cheese) and egg products. The Mediterranean diet limits the consumption of red meat. This diet encourages the use of wine in moderate to low levels. This diet encourages the use of olive oil as the main source of dietary fat and discourages the use of sugars and sweeteners. There is documented evidence that the Mediterranean diet reduces blood pressure, promotes weight loss, reduces blood sugar, reduces HBA1C, and reduces blood lipids.
4. **Vegetarian/Vegan diet:** Encourage plant-based food and limit consumption of dairy products and eggs. The vegetarian/vegan diet discourages the consumption of meat and fish. There is documented evidence that the vegetarian diet reduces blood pressure, promotes weight loss, reduces blood sugar, reduces HBA1C, and reduces blood lipids.
5. **Low/Very low-fat diet:** The low-fat diet encourages all foods except fats. This limits total fat intake to less than or equal to 30% of total calories and limits saturated fat intake to less than or equal to 10%. The very low-fat diet limits total fat intake to less than or equal to 10% of total calories. There is evidence that this diet promotes weight loss, but there is no evidence that this diet reduces blood pressure, blood sugar, or blood lipids.
6. **Low/Very low carbohydrate diet:** Encourages non-starchy vegetables and discourages starchy vegetables, fruits, and other foods high in carbohydrates. This diet encourages fat from animal and plant sources. The low carbohydrate diet tries to limit carbohydrate intake to 26% - 45% of total calories while the very low carbohydrate diet limits carbohydrate intake to only 20-50g of non-fiber carbohydrates and less than 26% of total calories. This is also called the ketogenic diet. There is evidence that it promotes weight loss, reduces HBA1C, blood sugar and blood pressure. However, there is no evidence that it improves blood lipid profile.
7. **Paleo diet:** Mimics the way people used to eat in the far olden days before any form of food processing was discovered. Encourages the consumption of animal products like meat. Encourages vegetables and carbohydrates from tubers. Discourages the consumption of dairy products like milk. Discourages the consumption of whole grains and legumes. There is no evidence that it promotes weight loss or reduces blood pressure, blood sugar and blood lipids