

Low Calorie Diet Group

- **Would you like to manage your diabetes better, lose weight and reduce your diabetes medication?**
- **Are you registered with a Hackney GP Practice?**

You may have heard about the benefits of low calorie diets for people with type 2 diabetes in the media recently. Growing evidence suggests a clinically supported low calorie diet (approx. 800 calories each day for three to five months) can help achieve remission of type 2 diabetes through significant weight loss.

- **What does “remission” mean?**

Remission means your blood glucose levels return to normal without needing diabetes medication. This **does not** mean it is cured, but it has many potential benefits.

- **What are the potential benefits of remission?**

- Normal blood glucose levels
- Reduced medication
- Improved quality of life
- Improved blood pressure
- Improved cholesterol

- **What are my chances of remission?**

Evidence suggests people who lost 15kg or more of weight, 86% achieved remission. Those diagnosed for less than six years have the best chance of remission.

- **What does a low calorie diet involve?**

There are three stages to the low calorie diet:

- 1. Low calorie diet (3 months)**

- Follow a low calorie diet (approx. 800 calories a day) for three months
- To do this you must completely replace food with specially prepared milk shakes/soups (three a day) providing all the nutrients your body needs
- You should not eat any other foods for this three month period.

- 2. Food reintroduction (1-2 months)**

- Slow re-introduction of foods with behaviour change and dietary support to help you enjoy a long-term healthy lifestyle.

- 3. Maintenance phase (5-12 months)**

- Group catch-up and weight maintenance support.

You will receive specialist dietitian, nurse and psychologist support in a group setting at the Homerton Diabetes Centre.

• **What commitments do I need to make?**

The programme will take hard-work and dedication; you will be expected to do the following:

- commit to the programme for at least 12 months
- attend all group sessions
- pay for the dietary supplements – as an NHS patient you will receive a discounted price of £40 a week. Remember, they will be your only source of food/nutrition for three months so your usual food bill will be greatly reduced.

• **Can anyone with type 2 diabetes do this?**

- This treatment is not for everyone and cannot be used in people with diabetes who:
 - have lost more than 5kg in six months without trying
 - have cancer
 - have had a heart attack in the last six months
 - suffer from heart failure
 - suffer from an eating disorder
 - are pregnant

I am interested, what do I need to do?

Please register your interest in the following ways and we will be in touch to confirm your enrolment.

- Complete and hand-in the below form to the Hackney Diabetes Centre
or
- E-mail: huh-tr.diabetesdietitians@nhs.net with the below information
or
- Call: 0208 510 5008 (Diabetes Specialist Dietitian Team)

Name: _____ Date of birth: ____ / ____ / ____

Address: _____

GP Surgery: _____ Year of type 2 diabetes diagnosis: _____

Current diabetes and blood pressure medication:

Contact number: _____ E-mail: _____

What time of day would you like to attend our groups sessions (please tick ✓)

Morning: Afternoon: Evening: