

Weight management for type 2 diabetes

Nutrition and Dietetics

Information for Patients

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Where to start?

It can be hard to know where to start on a weight loss journey and it is important to think about:

- your weight loss goal.
- why you want to lose weight
- the reasons why you want to make changes to your diet and lifestyle.
- possible barriers to weight loss.



What are the benefits of weight loss?

There are so many benefits to losing extra weight – both physically and emotionally.

Extra weight around your waist means fat can build up around your organs, like your liver and pancreas. This can cause something called insulin resistance. Insulin resistance is when cells in your body do not respond well to insulin and can not easily take up glucose (or sugar) from your blood. As a result, your pancreas needs to make more insulin to help stop your glucose levels from rising too high. Losing this weight could help you make more of your own insulin, help your body respond better to the insulin it makes, and reduce your need for medication.

Losing extra weight also helps to

- lower cholesterol,
- improve blood pressure,
- improve mobility and
- mental well-being.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What is a good weight loss target?

Setting weight loss goals that are realistic and well-planned will help you to keep focused and motivated. Sometimes it is helpful to set smaller milestones to aim for along the way.

With type 2 diabetes, losing around 5% of your body weight can really benefit your health.

Diabetes remission is when your blood glucose levels are below the diabetes range, usually without you needing to take any diabetes medication. You are more likely to put your diabetes into remission if you lose a larger amount of weight as quickly and safely as

possible after your diagnosis. Studies have shown that losing between 10 to 15% of body weight, and keeping this weight loss, improves the chances of reaching diabetes remission. For someone who weighs 100kg (15st, 7lb), this would mean a weight loss target of 10 to 15kg (or between 1st 8lbs to 2st 5lbs).

This could mean coming off your diabetes medication completely which could be life-changing. This is even more likely if you lose the weight nearer to your diagnosis.



What should I consider before making a weight loss plan?

Motivation



Losing weight means making long lasting changes to the foods you choose and how you prepare meals. It is important that you feel ready to make these changes.

Motivation can come and go, and can depend on what is a priority at the time.

On a scale of 1 to 10, how motivated are you to lose weight (1=not motivated, 10=very motivated)?

1 2 3 4 5 6 7 8 9 10

If you place your motivation at **7 or below**, it is worth thinking about whether now is the right time to be making the food and lifestyle changes needed to lose weight?

Emotional or stress eating

Emotional eating is when food is used as a way to deal with feelings, instead of because you are hungry. For many people emotional eating can be a real problem, causing serious weight gain or cycles of binge eating.

Few people make the connection between what we eat and our feelings. Understanding what drives emotional eating can help people to put strategies in place and take steps to change it.

People learn emotional eating patterns - like choosing sugary snacks when feeling stressed. It's not easy to "unlearn" patterns of emotional eating, but it is possible, and starts with an awareness.



Cognitive behavioural therapy has been shown to help break the cycle of emotional eating or stress eating. Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave. Vita Health is a service offered which offers cognitive behaviour support. Your GP can refer you to this service, or you can self refer by following the link below:

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland/>

Support



Losing weight can be challenging. Research shows that having support from friends and family can help you follow a plan involving healthy eating and regular exercise for longer.

Having support can help you to stay positive when facing the challenges of a new lifestyle.

Support might come from family, friends or support groups (e.g. slimming groups).

What are the different diet options?

There is no such thing as a special diet just for people with diabetes. There are a lot of different ways to lose weight – it is important you find what works for you.

Evidence shows that the best way is picking one that you are likely to stick to. So the key is to find a plan that you enjoy and fits in with the rest of your life.

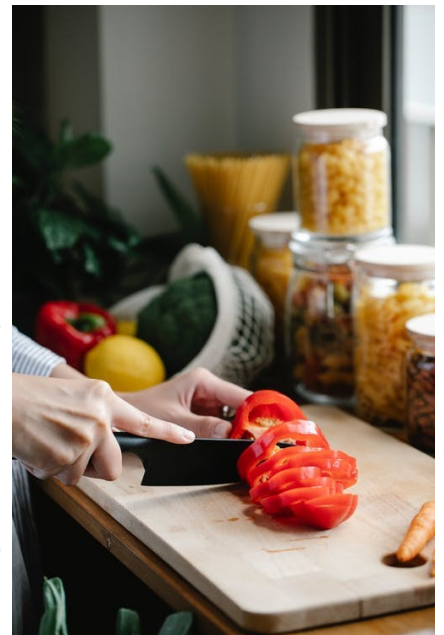
The Mediterranean diet

Mediterranean diets have been linked with reduced risk of high blood pressure and cholesterol which are risk factors for heart disease. A Mediterranean style diet can be a great option for people with diabetes, as it could help reduce the risk of certain diabetes complications.

This is a diet largely based on plant foods. It includes a lot of fruits and vegetables, beans and pulses, nuts and seeds, wholegrains and small amounts of plant based oils (like olive oil). It also includes some dairy (milk and yogurts), lean protein like chicken, eggs and fish, in moderation. Red meat and processed foods (like processed meats such as sausages, snacks or sweet foods) are usually only eaten in much smaller amounts. Alcohol is drunk within sensible limits.

For more information on this diet, please open the link below in a web browser:

<https://www.heartuk.org.uk/healthy-diets/the-mediterranean-diet>



A calorie deficit



A calorie (or kcal) is a unit of energy, which is in the food and drink we consume.

The government recommends that men need around 2,500kcal a day to maintain a healthy weight, and women need around 2,000kcal a day.

Eating less calories than your body needs will result in weight loss. Eating 500 to 600 calories less a day will bring about gradual weight loss of 0.5kg (or 1lb) a week.

Meal planning or using a diet tracking app can help make calorie counting easier, and keep diets flexible.

For more information on calories, please open the link below in a web browser:

<https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/understanding-calories/>

A low carb diet

Eating a low-carb diet means cutting down on the amount of carbohydrates (carbs) you eat to less than 130g a day. But low-carb eating should not mean that you eat no carbs. Your body needs carbohydrate for energy, vitamins, and fibre.

When on a low-carb diet it is important to plan your meals ahead. Working out the amount of carbohydrate in food is a skill. You can find this information on food labels, but there are also helpful books and apps to help. Your dietitian can help you to learn this skills.

For more information on this diet, please open the link below in a web browser:

<https://diabetesmyway.nhs.uk/keeping-healthy/different-dietary-approaches-for-weight-loss/low-carbohydrate/>



A low-calorie diet



A low-calorie diet is made up of around 800 to 1,200 calories a day. Because this diet is very low in calories, weight will drop off quicker. It is a short-term diet of meal replacements (often soups or shakes) or very small portions of normal food. You would usually have the soups or shakes for about 12 weeks and then gradually reintroduce normal, healthy food back into your diet.

This type diet is not right for everyone. You need to talk to your doctor before starting a low-calorie diet, so you can be sure that it is safe and could work for you.

It may sound obvious, but this diet is not easy. You will need a lot of support from your doctor and other healthcare professionals, as well as the people around you.

For more information on this diet, please open the link below in a web browser:

<https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/very-low-calorie-diets/>

Are there any medications which can help with weight loss?

Some medications prescribed for diabetes have also been shown to help people lose weight.

These medications are **not often prescribed to people living with type 1 diabetes**, but **can be prescribed to people living with type 2 diabetes**.

GLP-1 receptor agonists

(Like Ozempic, Trulicity, Victoza, Bydureon, Byetta or Rybelsus)

This type of medication can come as either an injection or a tablet, both of which can be taken at home.

It works by increasing the levels of hormones called 'incretins'. These hormones help the body produce more insulin only when needed and reduce the amount of glucose being produced by the liver when it is not needed. They also slow down the rate food is digested and keeps it in the stomach longer. This means you feel less hungry.



SGLT-2 inhibitors

(Like Forxiga, Invokana or Jardiance)

SGLT2 inhibitors are tablets that can help to lower your blood glucose (sugar) levels.

SGLT2 inhibitors can help to lower your blood sugar levels by:



- reducing the amount of glucose being absorbed in the kidneys so that it is passed out in your wee.
- reducing the amount of glucose in your blood.

Passing glucose in your pee means passing calories, which causes weight loss in some people who take these tablets.

Please talk with your diabetes doctor to learn more about these medications and whether they are right for you.

Who should I contact for further support?

If your diabetes care is managed by your general practitioner (GP), please contact your GP for further support or to be referred to a dietitian.

If your diabetes care is managed by the hospital team, please contact the diabetes helpline (0116 258 4919) for support from the health care professional team.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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