

Managing risk of regaining weight after a new diagnosis of type 2 diabetes

Diabetes Service/Dietetics Service

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Information for Patients

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Why am I at risk of regaining weight?

When you were diagnosed with Type 2 diabetes you may have had some weight loss. This is a common symptom and can occur when blood glucose levels are high. When blood glucose levels are high, the body does not work so well. As a result the kidneys try to get rid of the excess glucose in your pee (urine). This causes weight loss (and tiredness).

Some people manage their diabetes through diet and lifestyle, whilst others may need to take tablet medication and/or injectable therapies or insulin. The goal is to achieve blood glucose levels between 4 to 7mmol before meals.

As blood glucose levels improve you are at risk of gaining weight, and putting the weight you lost back on. This is because any excess glucose in the body will no longer be lost in pee (urine). Instead it is stored as fat, unless you burn this off through exercise or reduce the amount of food you eat.

It is important for you to think about this now as you are at risk of regaining any weight you lost over a short period of time. Most people do not want to regain any weight they may have lost.

Having type 2 diabetes also increases your risk of heart related problems and other diabetes related risks so it is important for you to try and maintain a healthy weight. Carrying less weight, especially across your middle, also makes it easier for you to manage your blood glucose levels. For more information on this visit: www.diabetes.org.uk/guide-to-diabetes/complications

To minimise weight gain, we encourage you to think about making food changes and to choose lower calorie (or lower energy) foods. Eating less calories than your body needs is called a 'calorie deficit', and this will help to prevent weight gain.

**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 can I do to minimise weight gain, should I need to?

Weight goes up when your calorie (food /drink) intake is more than what you use up through daily activity. Both food and activity are important to consider.

Let's focus on food first. To minimise weight gain it is important that you make some changes. To help guide your choices we have outlined the calorie content of fat, alcohol, carbohydrate and protein.

<u>Nutrient</u>	<u>Kcal per gram</u>
Fat	9 calories per gram
Alcohol	7 calories per gram
Carbohydrate	4 calories per gram
Protein	4 calories per gram

From the table, you can see that fat gives you more calories per gram. For every 1 gram of fat you will take in 9 calories, so reducing your fat intake is a good way to cut down on calories and minimise weight gain.

If you are not sure of how to decide on better food options, take the time to look at food labels.

Many foods are labelled using a traffic light system, this tells you about the levels of fat, saturated fat, sugar and salt in a food product.

- **Red** means **high**,
- **Amber** means **medium**,
- **Green** means **low**.

For more information on How to read a food label follow the link below to the NHS website:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/how-to-read-food-labels/>

How can I reduce my fat intake?

- Reduce intake of pastries/pies/pasties/samosas/spring rolls as these are high in fat.
- Use less butter and where possible try a low fat option such as a 'light' spread.
- Use less cheese and where possible try low fat options (such as: ricotta, cottage cheese, light cheese).
- Use less oil in cooking, and where possible use oil sprays to help you to use less oil.
- Opt for low fat snacks e.g. baked crisps instead of the normal options.
- Take off fat/skin off meat/chicken.
- Use low fat dressings/low fat mayo.
- Grill, roast , steam or air fry foods instead of frying.
- Eat out/ have takeaways less often.

How can I reduce my carbohydrate intake?

- Cut down on meal portion sizes to lower your calorie intake. If you make a consistent change this will help minimise weight gain. Avoid 2nd helpings.
- Try to fill up on more vegetables and salad, which are low in calories.

Filling up at meal times

- Having a good source of lean protein with each meal will help you to feel fuller for longer in between meals. For example fish, lean meat, eggs, beans, Quorn or soya products, lentils.
- Eating foods that are higher in fibre can also help you to feel fuller for longer because your body takes longer to break them down, some examples include: wholegrains (such as quinoa, brown rice or bulgur wheat), wholemeal or seeded bread, vegetables, beans and pulses.

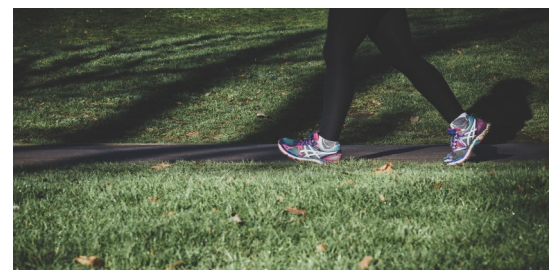
Are there any apps that can help me to manage my weight?

There are a number of apps that can help you to make healthier food choices and review calorie content of foods. We have listed some useful apps below:

- NHS food scanner app
- NHS easy meals app
- Lifesum app
- Carbs & Cals app
- FatSecret app

How can being more active help me minimise weight gain?

Being more active will help you to use up your calories and this is important. We can all be active in a number of ways, but the key is being consistent. During this phase where you are trying to minimise weight gain it is important you try to be active daily. The more you can do the better for you in terms of minimising weight gain. If you are planning to start exercising please discuss with your diabetes specialist nurse as if you are on insulin doses will need reviewing.



You can use a tracking device such as a Fitbit/ Apple watch or equivalent to measure your progress. If you don't have any of these your mobile phone will have free apps where you can track your activity.

We have listed some useful walking tracking apps and activity apps below:

- Google Fit-activity tracker
- Step Tracker
- 7 minute workout
- NHS Couch to 5K

You can find many more on your app store that suit you. Taking a look at these apps can be a useful resource to motivate you.

For more information on the Physical Activity guidelines for adults follow the link below to the NHS website:

[Physical activity guidelines for adults aged 19 to 64 - NHS \(www.nhs.uk\)](http://www.nhs.uk)

For more information on Weight Management Services offered in Leicester follow the link below to the NHS website:

[Patient Pathway — Weight Management Services \(llrweightmanagement.org.uk\)](http://llrweightmanagement.org.uk)

Contact details:

Diabetes Dietetic Team

Diabetes Outpatients Department

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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk