

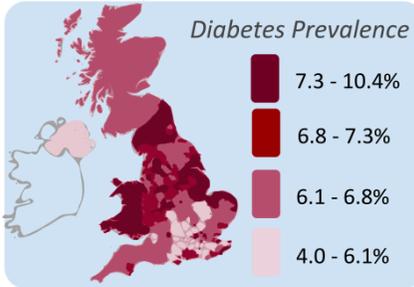
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Type 2 Diabetes

Diabetes is a serious condition that can lead to complications such as **amputation, blindness, kidney disease, stroke and heart disease.**

Diabetes in the UK

- 3.7m (6.6%) are diagnosed with diabetes.
- Estimated that 4.6m are living with T2D.
- Around 90% of cases are of T2D.
- 12.3 million people are at increased risk.
- T2D affects 9% of people aged 45-54.
- Affects 23.8% of people over the age of 75.



Risk Factors for T2D

- ↑ Being overweight or obese.
- ↑ Excess weight around the belly.
- ↑ Increasing age.
- ↑ Diets high in animal-derived and processed foods and refined carbohydrates.
- ↑ People of South Asian, African-Caribbean, Black African or Hispanic descent.
- ↑ Family history of T2D.

Type 1 is an autoimmune condition in which the body is unable to make **insulin**, resulting in high blood sugars (glucose).

Type 2 (T2D) is a result of **insulin resistance**, when the body is unable to respond to the effects of insulin, so raising blood sugars.

- T2D is caused by diet and lifestyle and is usually preventable.
- It is not an inevitable consequence of aging.
- Accumulation of fat in liver and muscles cells, impairs the normal function of insulin.

Preventing T2D

- ✓ Plant-based diets reduce the risk of T2D by 60%.
- ✓ Plant-based diets are also effective at treating and in some cases reversing T2D.

EAT A DIET CENTRED ON WHOLE PLANT FOODS.

Fruits, vegetables, whole grains and beans.



BE A HEALTHY WEIGHT.

BMI between 18.5-24.9.



EAT WHOLE GRAINS RATHER THAN REFINED GRAINS.

Aim to eat at least 30g of fibre a day.



BE PHYSICALLY ACTIVE.

150 minutes of moderate intensity activity a week (30 mins, 5 days a week).



AVOID EATING REFINED PROCESSED FOODS HIGH IN SALT, SUGAR & SATURATED FAT.



LIMIT ALCOHOL CONSUMPTION. Under 14 units per week.



AVOID HIGH SUGAR FOODS AND DRINKS INCLUDING FRUIT JUICES.

Drink mostly water.

Good ways and bad ways of lowering blood sugar

Low Carb Diet (keto & low carb, high fat diets)

How it works:

Lowers blood sugar by restricting foods containing sugar or starches (which break down to sugar). The body starved of glucose goes into ketosis, converting fat to energy.

Pros

- ✓ Reduces body weight, through reduced calorie intake

Cons

- ✗ Excludes healthy foods, like whole grains, fruits, that help protect against heart disease and some cancers.
- ✗ Does not treat the underlying cause
- ✗ Includes many animal-derived foods that increase risk of heart disease, stroke, cancer, dementia and premature death

Low Fat Whole Food Plant-Based diet

How it works:

Reverses the underlying cause by removing fat from cells and re-establishing insulin sensitivity.

Pros

- ✓ Maintains long term healthy weight.
- ✓ Includes healthy foods, like whole grains and fruits.
- ✓ Excludes animal-derived foods.

References

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