

## Nutrition & Dietetics Department Diabetes Specialist Dietitians

# Very Low Calorie Diet: Targeting Type 2 Diabetes Remission

Have I had Type 2 Diabetes for less than 6 years?

Do I want to put my Type 2 Diabetes into remission?

Am I ready to make significant changes to my lifestyle?

### What is diabetes remission?

Diabetes remission in people with Type 2 Diabetes means that your blood glucose levels are healthy (HbA1c of less than 48mmol/mol) without needing to take any diabetes medications.

### How could you achieve this?

The DiRECT study is a large UK trial supported by Diabetes UK. They studied how a very low calorie diet could put Type 2 diabetes into remission with weight loss.

Almost half the participants were in remission after 1 year. 64% of those who lost more than 10kg were still in remission after 2 years.

Evidence shows that regular contact with a trained professional aids successful weight loss, which is key to achieving diabetes remission.



### What is a Very Low Calorie Diet?

A Very Low Calorie Diet (or VLCD) is a calorie controlled diet which can result in rapid weight loss and remission of Type 2 diabetes.

### Is this available to me?

Yes - Diabetes Dietitians in Aneurin Bevan University Health Board are offering the VLCD to eligible individuals.

This is an exciting new opportunity. As it a brand new service there will be a limited number of places available.

### You could be eligible if you...

... have had Type 2 Diabetes for less than 6 years

... are not taking insulin

... are overweight (BMI 27-45kg/m<sup>2</sup>)

*N.B. Further criteria will be discussed your initial screening appointment*

## What does the diet involve?

There will be a screening appointment to check your medical history, to ensure you are suitable.

The diet is separated in to three stages:

### **Stage 1 - Total Diet Replacement.**

All food is replaced with specially designed shakes and soups, which provide approximately 800kcal per day. 50% of the cost will be funded by the NHS.

*You will follow this stage of the programme for approximately 12 – 20 weeks with regular support.*

### **Stage 2 – Food Reintroduction stage**

You will gradually re-introduce solid foods in to your diet with ongoing support from a Dietitian.

This second phase helps promote healthy eating and positive lifestyle habits to help you maintain your weight loss.

*You will follow this stage of the programme for approximately 6 – 8 weeks*

### **Stage 3 - Weight Maintenance**

You will receive ongoing support from a Dietitian to assist you in maintaining your weight loss. This stage continues to promote healthy lifestyle and dietary behaviours.

*You will follow this stage of the programme for approximately 6 months.*

**This programme includes 20 contacts over a year, which will be a mixture of clinic appointments, video and telephone calls.**

**If you are interested, please speak to your GP, Consultant or Diabetes Nurse to be referred.**

## Useful Information

**Diabetes UK** is the leading UK charity that cares for, connects with and campaigns on behalf of all people affected by diabetes.

You will find further information about Type 2 Diabetes remission here:

[www.diabetes.org.uk](http://www.diabetes.org.uk)

For further information about Dietetic services, please visit our website:

<http://www.wales.nhs.uk/abuhbdietitians>

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