



LOW CARB RESOURCES

# A low carb approach for type 2 diabetes

## What is type 2 diabetes?

Type 2 diabetes is a condition of having high blood sugar. The problem with high blood sugar is that, over time, this ages your blood vessels. So, for example blood vessels to your eyes and kidneys, feet, and heart can be affected. Your health care provider will provide regular check-ups for this.

**The good news** is that with some lifestyle changes, type 2 diabetes, and the blood sugar that is the problem, can be controlled well. And in some cases, even put into remission.

## How is type 2 diabetes diagnosed?

A simple blood test can tell if you have type 2 diabetes. Your doctor will check your HbA1c level, which shows your average blood sugar over the past 2-3 months.



## Where does sugar in the blood come from?

When you eat sugary foods and drinks, or starchy foods like bread and potatoes, your body turns them into sugar. This sugar enters your bloodstream.

**Normally, your body uses a hormone called insulin to move sugar from your blood into your cells for energy.** But with type 2 diabetes, your body doesn't use insulin as well as it should, so sugar builds up in your blood.

## What causes type 2 diabetes?

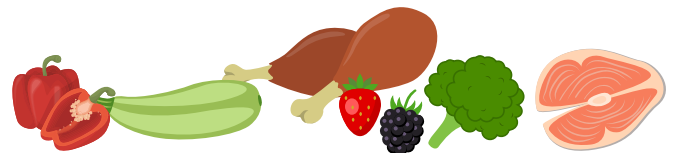
**Carrying extra weight, especially around your waist, can increase your risk of type 2 diabetes.**

Not being very active can also raise your chances. While some factors, like age and family history, are beyond your control, you can still make a big difference by changing your lifestyle.

### How to control your type 2 diabetes (or put it into remission)

- 1 Choose real food over processed foods.
- 2 Cut down on sugary foods and drinks.
- 3 Limit snacking.
- 4 Eat plenty of protein.
- 5 Reduce starchy foods.
- 6 Drink less alcohol and get moving.

The potential benefits of a low-carb lifestyle are reducing the risk of diabetes-related complications, such as heart disease, stroke, and kidney disease.



## What about medication?

Your health care practitioner will advise on the best type of medication for your type 2 diabetes. However, medication alone will be unlikely to lead to remission.

**Please note** if you are taking regular medication or have a diagnosed medical condition then check with your doctor before making any major dietary changes.

