

### Department of health guidance

- ✓ Eat at least **5 portions (400g)** of a variety of fruit & vegetables per day
- ✓ Be active daily. Over a week, activity should add up to at least **150 minutes of moderate intensity activity** in bouts of 10 minutes or more
  - 30 minutes on at least 5 days a week or 75 minutes vigorous intensity activity spread across the week or combinations of both
  - Undertake physical activity to improve muscle strength on >2 days a week
- ✓ For both men & women, limit alcohol intake to **14 units weekly**
  - Spread this evenly over 3 days or more with several drink-free days

### General nutritional advice

- ✓ Avoid increasing fat or calorie intake
- ✓ Eat fibre-rich foods
- ✓ Eat at least 5 portions of a variety of fruit and vegetables each day in place of foods higher in fat and calories
- ✓ Eat breakfast
- ✓ Base meals on starchy foods, choosing wholegrain where possible
- ✓ Adopt a low-fat diet
- ✓ Consume as little as possible of fried food, drinks and confectionary high in added sugars, and other food high in fat and sugars
- ✓ Watch the portion size for meals and snacks and how often they are eaten
- ✓ Minimise calorie intake from alcohol

#### Useful resources:

- ✓ Diabetes UK evidence-based nutrition guidelines for the prevention and management of diabetes March 2018
  - <https://www.diabetes.org.uk/professionals/position-statements-reports/food-nutrition-lifestyle/evidence-based-nutrition-guidelines-for-the-prevention-and-management-of-diabetes>
- ✓ Making progress on the global crisis of obesity and weight management. Mike Lean & colleagues. BMJ June 2018
- ✓ My Diabetes My Way
  - <https://www.mydiabetesmyway.scot.nhs.uk>

### **The Diabetes Remission Clinical Trial (DiRECT). Lancet February 2018**

#### **Can intensive weight management in primary care with a low energy formula diet achieve remission of type diabetes?**

- ✓ Study participants (n=306) were aged 20-65 who had been diagnosed with T2D within the previous 6 years with BMI 27-45 and not on insulin
- ✓ Intervention (n=150)
  - Withdrawal of antidiabetic & antihypertensive drugs
  - Total diet replacement with a low energy formula diet (around 850kcal daily)
  - Stepped food reintroduction
  - Structured support for long-term weight loss maintenance
- ✓ Remission defined as HbA1c <48mmol/mol after at least 2 months off all antidiabetic medication at 12 months
- ✓ At 12 months:
  - Weight loss >15kg observed in 24% of intervention group (n=36) and no-one in control group
  - Diabetes remission was achieved in 46% of intervention group (n=68) and 4% control group (n=6)
  - Remission varied with weight loss
  - 31/36 (86%) individuals who lost >15kg achieved diabetes remission
  - No serious adverse events led to withdrawal from the study
  - "Remission of T2D is a practical target for primary care"
- ✓ Caveats:
  - Short-term (12 month) outcomes – will remission be sustained?
  - Drop-out rate of 25% in the intervention group
  - Nearly all white Caucasian participants so not generalisable to other populations