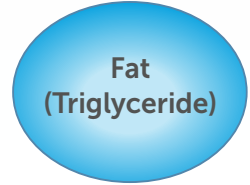
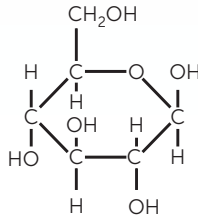


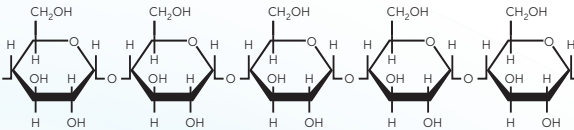
Physiology of lower carb T2D reversal

Insulin pushes glucose into; muscle cells (energy) abdominal fat, liver and pancreas cells (triglyceride)



Insulin + Glucose → FAT

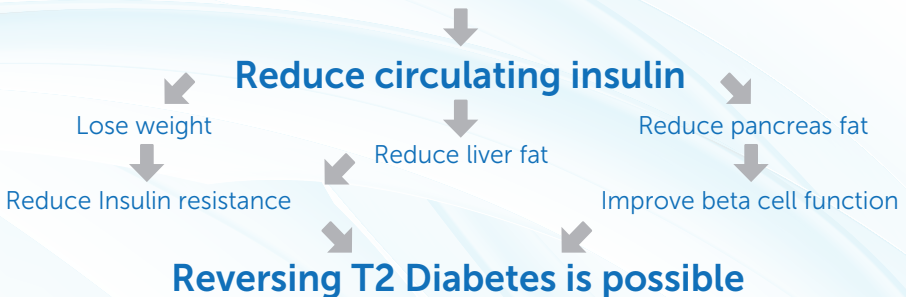
→ A Starch Molecule



Many glucose molecules are linked together - enzymal digestion will break them up again

Carbs like table sugar, bread, cereals, potato digest down into glucose


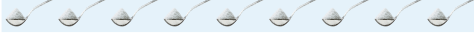



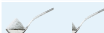




Reduced carbohydrate intake



Reversal of type 2 diabetes: Normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol. Lim EL1, Hollingsworth KG, Taylor R. Diabetologia. 2011 Oct;54(10):2506-14. doi: 10.1007/s00125-011-2204-7.

Practical steps to reduce blood glucose








Cut out foods that are sugary or digest into sugar like potatoes

Food Item	G Index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1 
Potato, white, boiled	96	150	9.1 
French Fries baked	64	150	7.5 
Spaghetti, white boiled	39	180	6.6 
Sweet corn boiled	60	80	4.0 
Frozen peas, boiled	51	80	1.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Wholemeal small slice	74	30	3.0 
Broccoli	54	80	0.2 
Eggs	0	60	0

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese

Try replacing sugary or white starchy foods like bread, rice or cereals with green veg, nuts, eggs, fish, full fat dairy or unprocessed meat

The Glycaemic Index helps predict how these breakfasts might effect blood glucose, important information if you have type 2 diabetes

Cereal	G Index	Serve size g	How does each cereal effect blood glucose compared to 4g teaspoons of tablesugar?
Coco Pops	77	30g	7.3 
Cornflakes	93	30g	8.4 
Mini Wheats	59	30g	4.4 
Shredded Wheat	67	30g	4.8 
Special K	54	30g	4.0 
Bran Flakes	74	30g	4.8 
Oat Porridge	63	150ml	4.4 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. The glycaemic index revisited | Unwin | Journal of insulin Resistance 2016 @lowcarbGP