



# TYPE 2 DIABETES

## A LOW CARBOHYDRATE APPROACH

### REFERENCE HANDOUT

'Reducing overall carbohydrate intake for individuals with diabetes has demonstrated evidence for improving glycemia' [American Diabetes Association 2023](#)



### SYSTEMATIC REVIEWS AND META-ANALYSIS

1. Yuan X, Wang J, Yang S, et al. Effect of the ketogenic diet on glycemic control, insulin resistance, and lipid metabolism in patients with T2DM: a systematic review and meta-analysis. *Nutrition & Diabetes*. 2020;10(1):1-8. [doi:10.1038/s41387-020-00142-z](https://doi.org/10.1038/s41387-020-00142-z)
2. Turton J, Brinkworth GD, Field R, Parker H, Rooney K. An evidence-based approach to developing low-carbohydrate diets for type 2 diabetes management: a systematic review of interventions and methods. *Diabetes, Obesity and Metabolism*. [doi:10.1111/dom.13837](https://doi.org/10.1111/dom.13837)
3. Choi YJ, Jeon S-M, Shin S. Impact of a Ketogenic Diet on Metabolic Parameters in Patients with Obesity or Overweight and with or without Type 2 Diabetes: A Meta-Analysis of Randomized Controlled Trials. *Nutrients*. 2020;12(7):2005. [doi:10.3390/nu12072005](https://doi.org/10.3390/nu12072005)



### TRIALS/STUDIES

1. Tay J, Thompson CH, Luscombe-Marsh ND, et al. Effects of an energy-restricted low-carbohydrate, high unsaturated fat/low saturated fat diet versus a high-carbohydrate, low-fat diet in type 2 diabetes: A 2-year randomized clinical trial. *Diabetes Obes Metab*. 2018;20(4):858-871. [doi:10.1111/dom.13164](https://doi.org/10.1111/dom.13164)
2. Saslow LR, Daubenmier JJ, Moskowitz JT, et al. Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes. *Nutr Diabetes*. 2017;7(12):304. [doi:10.1038/s41387-017-0006-9](https://doi.org/10.1038/s41387-017-0006-9)
3. Athinarayanan SJ, Adams RN, Hallberg SJ, et al. Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. *Front Endocrinol*. 2019;10. [doi:10.3389/fendo.2019.00348](https://doi.org/10.3389/fendo.2019.00348) - now has [5-year outcomes](#) & an [Inflammation](#) outcome published.





## RESOURCES - IMPLEMENTATION & DE-PRESCRIBING

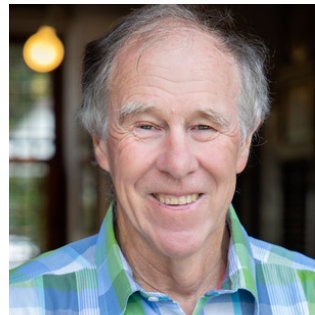
1. Clinical Guidelines. Society of Metabolic Health Practitioners. [Hite et al](#)
2. Low-Carbohydrate Nutrition Approaches in Patients with Obesity, Prediabetes and Type 2 Diabetes - Low Carb Nutrition - Queen's Units. [Guidelines](#)
3. Murdoch C, Unwin D, Cavan D, Cucuzzella M, Patel M. Adapting diabetes medication for low carbohydrate management of type 2 diabetes: a practical guide. Br J Gen Pract. 2019;69(684):360-361. [doi:10.3399/bjgp19X704525](https://doi.org/10.3399/bjgp19X704525)

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**DR MARK CUCUZELLA**

- Low-Carbohydrate Nutrition Approaches in Patients with Obesity, Prediabetes and Type 2 Diabetes : A Focus on Medication Reduction



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**DR HASSINA KAJEE**

- Pathophysiology of Diabetes Complications



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