

## Helpful Links for managing diabetes with food



1. [Low Energy Diets](#)
2. [Total Diet Replacement](#)
3. [Food Based Diets](#)
4. [Mediterranean Style Diet](#)
5. [Intermittent Fasting](#)
6. [Low Fat Healthy Eating](#)
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## **1. Low energy diets**

Low energy diets typically provide 800-1200 kcal/day from food, meal replacement products (shakes, bars, soups) or a combination of the two.

## **2. Total Diet Replacement**

12 weeks of TDR (total diet replacement) using branded products followed by food reintroduction and weight maintenance support.

<b>Name</b>	<b>Description</b>	<b>Cost</b>	<b>Contact details</b>
Counterweight Plus	12 weeks of TDR using branded products followed by food reintroduction and weight maintenance support.	Approximately £100 per month	<a href="https://www.counterweight.org/">https://www.counterweight.org/</a>
The 1:1 diet (Cambridge Weight Plan)	12 weeks of TDR using branded shakes, bars and soups followed by structured food reintroduction under personal supervision of a counsellor.	Approximately £50 per week during TDR, then £30 p/w	<a href="https://www.one2onediet.com/">What is the Cambridge Diet?   The 1:1 Diet (one2onediet.com)</a>
Lighter Life	8-12 weeks of TDR using branded shakes and soups followed by food reintroduction.	Approximately £60 per week	<a href="https://www.nestlehealthscience.co.uk/brands/optifast">https://www.nestlehealthscience.co.uk/brands/optifast</a>
Counterweight Plus	12 weeks of TDR (total diet replacement) using branded products followed by food reintroduction and weight maintenance support.	Approximately £100 per month	<a href="https://www.counterweight.org/">https://www.counterweight.org/</a>

### 3. Food based diets

Diabetes UK online energy-restricted diets	Online 1200 kcal/day, nutrient dense diets high in fruit, vegetables, dietary fibre and low in saturated fat. 7-day menu plans with recipes for both meat-eaters and vegetarians.	Free	<a href="https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans">https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans</a>
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### 4. Mediterranean style diets

The Mediterranean diet (MD) reflects the culinary traditions of people living in countries bordering the Mediterranean sea. It is characterised by higher intakes of vegetables, fruits, legumes, nuts, beans, cereals, grains, fish and unsaturated fats such as olive oil. It is not, however, a licence to eat unlimited pasta, pizza and red wine. Mediterranean-style diets are supported by Diabetes UK.

Diabetes UK online Mediterranean meal plan	This provides simple advice about choosing Mediterranean-style foods and provides a 7-day menu plan with recipes.	Free	<a href="#">Mediterranean meal plan   Diabetes UK</a>
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Please see this [link](#) for more info and an example of a Mediterranean diet.

### 5. Intermittent Fasting

Intermittent fasting usually means restricting food intake to 500-600 calories per day for two days a week and is commonly known as the 5:2 or Fast diet. This approach has not been as well studied in people with diabetes as some other diets, but it does seem to be effective. If you choose to adopt this diet, you will need medical supervision and medication adjustment on the days that you are fasting, particularly if you take insulin or sulfonylureas as you may be at risk of low blood glucose (hypoglycaemia).

The Fast Diet	Available as a book or online programme	Book: £6.99	<a href="#">Welcome to 5:2 intermittent fasting » The Fast Diet</a>
The 2-day diet	Book encouraging Mediterranean style eating	£ varies	<a href="#">Why The 2-Day Diet works   Discover the original 5:2 diet (penguin.co.uk)</a>
Carbs and Cals 5:2	Book and app with menu plans and recipes	Book: £9.99 App: £4.99	<a href="#">Carbs &amp; Cals   Dieting &amp; Calorie Counting Books &amp; App (carbsandcals.com)</a>

## 6. Low Fat, healthy eating

Low fat, healthy eating diets are plant-based and include wholegrains, fruit and vegetables, pulses and fish with moderate amounts of lean and low fat meat and dairy products. Processed or refined foods, especially those high in sugar and fat, are not recommended. If you wish to lose weight, healthy eating can be combined with energy (calorie) restriction and this may be achieved by reducing your portion size.

NHS weight loss plan	12 week programme	Free	<a href="http://www.nhs.uk">Lose weight - Better Health - NHS (www.nhs.uk)</a>
Diabetes UK	7-day meal planners for 1500-1800 calorie diets	Free	<a href="#">Meal plans and diabetes   Diabetes UK</a>
Our Path	12 week programme	12 weeks: £90 or £180 (with Tech support)	<a href="#">Second Nature</a>
BHF Facts not Fads	Diet, activity and behavioural support	Free download	<a href="#">Eat better booklet   BHF</a>
Carbs and Cals World Foods	Calorie counted meals and recipes	Book: £9.99 App: £4.99	<a href="#">Carbs &amp; Cals   Dieting &amp; Calorie Counting Books &amp; App (carbsandcals.com)</a>

## 7. Low carbohydrate diets

A low carbohydrate diet is usually assumed to provide <130g/day. These diets are supported by Diabetes UK as an option for weight loss in type 2 diabetes.

NHS-endorsed online low carb programme	A low carbohydrate diet programme which comprises of a 12-week structured behavioural change programme specifically designed for people with type 2 diabetes. QISMET approved, has received a CE Mark (meaning that it is registered with the MHRA) and has been sanctioned by NHS digital. Download the app from the Apple Store or Google Play.	£14.99 per month £69.99 per year	<a href="https://www.nhs.uk/nhs-app/">https://www.nhs.uk/nhs-app/</a>
Diabetes UK online low carb meal plan	This provides simple advice for a low carbohydrate diet (<130g/day) and a seven-day meal planner.	Free	<a href="#">Low-carb diet and meal plan   Eating with diabetes   Diabetes UK</a>
Low carb diabetes cookbook	Cookbook authored by David Cavan (diabetes consultant) and Emma Porter (food writer and person with type 1 diabetes). Promoted as a method of managing type 1 diabetes and reversing type 2 diabetes, although management of type 2 diabetes is also included. Recommends limiting carbohydrate intake to 50-100g/day and provides recipes and meal plans	£14.99 (cheaper prices available on Amazon)	<a href="#">The Low-Carb Diabetes Cookbook (penguin.co.uk)</a>
Carbs and Cals/World Foods	Books and apps. These are designed for those who wish to count carbohydrate and calories. They are not designed for stand-alone use, but are useful for supporting a specific energy or carbohydrate restriction.	Books £9.99 Apps £4.99	<a href="https://carbsandcals.com/">https://carbsandcals.com/</a>

Please see this [link](#) for more info and examples of a low carb diet.