

How to.....Dietetics?

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Disclosures

- NovoNordisk, Sanofi, Lilly, Dexcom, Napp Pharmaceuticals
- PCDS Committee Member, NI
- Diabetes UK Clinical Champion
- DESMOND educator



Topics for discussion.....

- What is a healthy diet for Type 2 diabetes ?
- VLCDs in primary care ?
- 10 minute dietary advice ?



What is a healthy diet for type 2 diabetes?

- There isn't a healthy diet.....individual approach
- Carbohydrate, protein, fat ratios.....individual
- Healthy dietary habits that are feasible and sustainable
- Diet Quality.....nutrition



Diet choices?

- “traditional” healthy eating
- Low fat
- DASH
- Intermittent fasting/ Time restricted eating
- Low calorie/ Very Low calorie Diet (VLCD)
- ***Mediterranean***
- ***Low carbohydrate***



Outcomes of dietary treatment?

- Glycaemic benefits – reductions in HbA1c
- Reductions in weight
- Lipid management
- Blood pressure
- Benefits to cardiovascular health
- Prevention of diabetes complications

- *Type 2 remission*

- *Delayed requirement for medication???*



Individualised Care

- Patient choice/ preference
- Age
- Duration of diabetes
- Other health conditions
- Social determinants of health
- Risk of complications
- Current medications – insulin/ SU?



Dietary approaches

- Diabetes education
- Carbohydrate education
- Low (or lower) carbohydrate
- Carbohydrate distribution



Dietary targets - weight loss?

- Reduce caloriesuse calories
- Calorie deficit.....consider the starting point
- 1200-1500 kcals (ladies), 1500-1800 kcals (men)
- VLCD 600-800 kcals
- Shakes , soups and meal replacements

Weight Loss Targets

- Type 2 remission? 15kg weight loss in 3 months
- After 3 months?
- 5% weight loss- clinical benefits
- > 10-15% weight loss ...significant benefits
- OHA with weight loss benefits*reduced food noise*



Dietary targets.....improved Glycaemic levels

- Weight loss= improves insulin sensitivity
- Less Carbohydrate
- Portion sizes
- Distribution...divide and conquer!



10 minute diet advice ?

- 10 minute diet conversation
- *Do they want to talk about food?*

Diet conversations



- The “add on” conversation/ moment
- Results? Hba1c? Lipids?
- Home monitoring?
- Getting back on track....what have they tried/
what worked?
- Benefits of small changes
- Mood and food issues?
- Collaborative, encouraging – Language Matters

Plant a seed..... *shared messages*

- Diabetes Education
- Online programmes
- Local programmes ? Social Prescription
- Recommended websites/ resources
- Diabetes UK prescriptions/ meal plans



C

Check what they know about diabetes,
about Carbohydrates?

A

Ask about their routine, meal pattern,
portions, activity

R

Relate to symptoms, results, realistic
targets REMISSION??

B

Base on individual, Be realistic, Be
positive/ encouraging

S

Small steps, sign post, self management

Thank you for listening!



- Consensus Report by ADA and EASD: Management of Hyperglycaemia in Type 2 Diabetes, 2022

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