



Weight Loss and Low Carb Diets: Type 2 Diabetes

Salma Mehar – Specialist Diabetes Dietitian

Carbohydrates are broken into two different categories and one of the categories is the starchy carbohydrates and the second category is the sugary carbohydrates. If we focus on the starchy carbohydrate, these are foods such as rice, bread, potato, pasta, yam, cassava, fufu, plantain. There are lots and lots of different starchy foods that come under this category. The second category is the sugary carbohydrates, which are the obvious ones which people are more familiar with and recognize as being the sugary, the sweet foods. So these are foods such as cakes and biscuits and things like your donuts or your pastries. And these are the foods that people will probably be more aware of that they need to cut down on because they're sugar. What is really important to recognize that all carbohydrates turn into glucose and it's really important to recognize that it's the amount of carbohydrates that we're eating that's going to impact our blood glucose.

Fatima Nurmohamed – Type 2 Patient in Remission

So I downloaded an app which would record everything I eat. So when I put in the stuff so one somosas would be a lot of carbohydrates, and then there is a section where it gives you the nutrition. So it's not just the sugar once I stopped the sugar I thought okay that's fine, but it's the carbohydrates that return into sugar.

Lee Ramos – Specialist Dietitian

So someone that wants to lose weight, typically type two diabetes, it sort of depends where they're carrying the weight. If someone's carrying their weight, mostly around their middle, so, you know, their waist, then I'd looked at their carbohydrate portions and alcohol, if they drink alcohol. And simply by just reducing their portions by 10%. So if they have, say, new potatoes, say they're used to having five, just taking one or two potatoes off will make all the difference.

Ibrahim Mahamudu – Type 2 Patient in Remission

But when I was first diagnosed, the first thing I was told is, first of all, your diet has to change. And in the diet change means the carbohydrates has to be a bit less than, a normal person would eat carbohydrates and also the intake of sugar. Well, there's a radical shift to what I was eating then to now. Because, if I'm an because of even where I come from, most of our diet is based on carbohydrates. The only carbohydrate I put in my diet, these days is some lentils and black eyed beans. Apart from that, nothing more.



Glen Maxwell – Type 2 Patient in Remission

Probably isn't the biggest impact, I suddenly thought my focus will be I will change the carbs to vegetables and fruit. So, when it was first diagnosed, I was around about 88 kilos and going through the early stages, I got down to about, 84 kilos, and then taking the dietary thing really seriously, which really made the impact on the weight. Okay, got down to, about 70, 74, 73 kilos.



Salma Mehar – Specialist Diabetes Dietitian

The best method of knowing how much carbohydrate is food is by looking at the carbohydrate content of individual foods and we can do this by looking at the resources that are available online, or some of the apps and the books that have been produced locally. One of the very popular books that we use in our clinic settings is the Carbs and Cals books and the apps, which show us the value of carbohydrate of all the different types of starchy carbohydrate foods that we, we might be eating.

Fatima Nurmohamed – Type 2 Patient in Remission

I was 72 kilograms when I started and I went down right up to 50 kilos. That was a big achievement for me.

Glen Maxwell– Type 2 Patient in Remission

One of the things I wanted to do was get my diabetes in remission, as quickly as I possibly could. Yeah, I was really, really pleased by the route I'd taken, and also quite surprised how quickly I managed to get it from because it was less than a year in truth to get it from where I was to where I am now.

Fatima Nurmohamed – Type 2 Patient in Remission

I felt really great. If I can do it, anyone can do it.