

## **The Lean Team Flexi Food Based Weight loss Plan for Type 2 Diabetes Remission.**



School of Medicine,  
Dentistry & Nursing

This short guide provides information for people who would like to lose substantial amounts of weight and achieve remission of type 2 diabetes, similar to the participants in the DiRECT study.

The DiRECT study used the Counterweight-Plus formula diet, of nutritionally-complete shakes and soups, exclusively for about 12 weeks, providing about 850 calories per day which can result in weight loss of over 15 kg (2 and a half stones).

Here we provide a suggestion for how you could do a food-based approach. This is for people who cannot access, or don't think they could tolerate, the Counterweight-Plus diet. We have based the plan on a calorie intake of 900 calories per day, although increasing that to 1000 or even 1200 calories per day would still allow you to lose the weight, albeit more slowly.

Weight loss is never easy, but if you are determined, and really do stick to the plan, you will lose about 15-20kg in about 12 weeks.

If you have type 2 diabetes, your blood sugar will fall in the first few days, and so we recommend that you should stop diabetes medications. Check your blood glucose daily, dropping to weekly when it is clearly stable and acceptable. But there are some people, maybe 1 in 10, whose diabetes does not improve in the same way, and they may need to continue taking the medications for diabetes.

If you are taking medications for blood pressure, or diuretics ('water pills') rapid weight loss can cause sudden falls in blood pressure and dizziness, so you should hold off these medications in the early stages, and ask your doctor or nurse to check your blood pressure lying and standing, to decide if and when you should go back onto these drugs. Some people (about a third) do not need them at all after losing weight.

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**10 tips for success**

Planning is essential for success. Cook in advance, and keep soups in the fridge and freezer which can be easily heated.

Keep it simple and be consistent. Too many meal options is likely to increase confusion, temptation and appetite. Reducing the thinking around food choice, helped participants in the DiRECT study a lot.

Be Mindful! Make sure you take the time sit down, and enjoy the meals you have planned. Lay the table at home, put on some nice music. At work, get away from your desk!

The first few days will be the most difficult. Get through those and you're on your way! If you experience a headache, it will pass as your body adjusts to the lower calorie intake. Keep your fluid intake high.

Find pleasure and joy in things other than food. Do not focus on what you are giving up by eating less of some of the foods you enjoy, but focus on what you will gain in return from weight loss and diabetes remission

Beat hunger. Dealing with hunger, or a desire to eat, is key to success. Keep yourself busy at these times and remind yourself why you are doing this. Is breaking your plan really going to be worth it?

Check your weight at the same time each week, and keep a record. If you can, enlist support from someone who can weigh you and discuss your progress every week. Some people find keeping a journal is also helpful. This is somewhere to record your daily progress, your motivations, goals, thoughts etc. You can also record what you eat.

Get moving! Don't suddenly try a half marathon - but be as physically active as you can be. Walking for 30 minutes every day is a good start.

Beat stress - find ways to effectively deal with stress, without turning to food. This could be through meditation, deep breathing, exercise or talking with a loved one or close friend. Eating will only double your problems.

Don't be disheartened if you lapse from your plan. A slip up here and there will not matter. The important thing is getting back on track quickly and keeping going!

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**Flexi Food Based Weight Loss Plan**

If you prefer a more flexible approach, here are some ideas for how you could design a low calorie diet to achieve substantial weight loss for diabetes remission.

How you structure your plan is entirely up to you. For many people it suits to have three meals, with ~200 calories at breakfast, ~200 calories at lunch and ~400 calories for evening meal as per meal suggestions below. But you may prefer to have just two larger meals of ~400 calories, e.g. breakfast and dinner, and a small snack (e.g. fruit) and a drink instead of lunch. Everyone's eating style is different so find the approach that is most agreeable to you. To follow a low-calorie diet successfully and not become too hungry, it helps to feel full. The best way to do this is include plenty of vegetables, which will add bulk without adding many calories. This is where the 3 S's for SucceSS come in: Soups, Stir-fry's and Salads. All these are good ways to get plenty of veg (and volume) into your plan.

**Meal ideas****Breakfasts ~200 Calories (food labels may say Calories or kcal)**

1. 30g porridge (or unsweetened Instant Oats) made with water, plus small banana (or other fruit)
2. 150g low-fat yoghurt, and 80g piece of fruit
3. 1 poached egg on 1 small slice of toast with a small tomato
4. 2 poached or boiled eggs on rye bread (e.g. Ryvitta) with spinach or kale
5. 30g cereal and 80g fruit
6. Smoothie: either home-made (e.g. blend 200mls skimmed or semi-skimmed milk, 1 small banana and 1-2 tablespoons of oats; optional: add 1 teaspoon honey) OR a ready-made alternative at approx 200 calories per serving

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**Lunches ~200 Calories (kcal)**

1. Bowl of any home-made vegetable soup (avoid stocks and thickenings), or any commercial low-calorie soup, with 1 small slice of fresh bread (no butter/spread)
2. Small tin of baked beans (150g) on a small slice of toast (no butter/spread)
3. Omelette (2 eggs) with tomato & mushroom: use low calorie cooking spray to cook vegetables before adding to omelette
4. Small chicken breast ~ 100g with salad, tomato, lettuce, red pepper, cucumber and celery chopped and mixed with lemon juice and fresh herbs
5. Mixed bean salad with feta or mozzarella cheese. Use 100g cooked kidney beans, butter beans etc or chick-peas. Mix with chopped cherry tomatoes, celery, red pepper, 30g cheese and oil-free salad dressing. Add a few drops of tabasco for excitement!
6. Calorie controlled ready-made lunches available from many supermarkets and snack outlets. Keep to less than 200 Calories (kcal)

**Dinner ~400 Calories (kcal)**

1. Chicken stir-fry (1 chicken breast, ginger, coriander, 2 cloves garlic, 2 carrots, tomato, mushroom & soy sauce) and 120g boiled rice
2. White fish (125g) with tomatoes and green salad/vegetables and a medium-size baked potato (200g)
3. Pizza: use a small tortilla-wrap (or pitta bread) with passata for the base, 30g grated cheese, and chopped red onion, peppers, spinach etc. Cook in a pre-heated oven at 180 degrees for 6-8 minutes or until cheese is melted.
4. Medium sized baked potato, ½ tin of tuna (in brine) with 2 tablespoons low-fat mayonnaise
5. 90g pasta (uncooked), tinned tomatoes, 1 tablespoon pesto sauce. Serve with green salad dressed with lemon juice

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6. Steak (200g uncooked), grilled. Serve with grilled tomatoes, mushrooms and a green salad.
7. Ready-made low-calorie meals (available from most supermarkets: read the labels carefully and keep to less than 400kcal per meal). Have serving of vegetables such as broccoli, carrots, spinach, tomatoes or green beans to fill up.

### **Recipe Books**

There are many recipe books available which can give more ideas for calorie controlled meals. Some suggestions that we can recommend are:

1. Carbs and Cals Very Low Calorie Recipes (Authors Chris Cheyette and Yello Balolia)
2. The Blood Sugar Diet by Michael Mosely
3. The Hairy Bikers range of Hairy Dieters books.

### **Meal Replacements and other Total Diet Replacement programmes**

Supermarkets and pharmacies now stock many different types of meal replacements (e.g. slimfast, or supermarket own brand) in the form of shakes, bars, and soups which can replace up to 2 meals per day. These are intended to be taken with at least one calorie controlled meal per day. Other options are available to replace all food for periods of up to 1 month.

**GOOD LUCK AND KEEP US INFORMED OF YOUR PROGRESS!!!!**

**Yours in health,**

**The Lean Team**

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