

‘Low Carb Living’ for Diabetic Remission

You may be able to change your diabetes without increasing medication and often medication can be reduced, as can all the health risks associated with Diabetes.

There is a healthier way forward!

Consistently lowered blood sugars, more energy, weight loss (if required) or better weight management (if weight gain is required) and better health are all achievable.

Join our Nutritionist/Health and wellbeing coach, Jane Rose-Land who will be running weekly groups, these are 6-week blocks. She will provide meal information, recipes and guidance, handouts, helpful discussion, free online resources for support. Making it easy in a step-by-step approach and providing personal support to help you along your path of change.

You will require a recent HbA1c (blood test) before starting the group and we will arrange for another once the 6-week has finished.

During the first session we will gather information of your weight by using a Tanita body composition analyser scale.

Your test results will be recorded on the database used at your surgery. Graphs will be made available to you where possible at the end of the 6-week group.

Image taken from lowcarbfreshwell.co.uk
dr-unwins-sugar-infographics

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1
Potato, white, boiled	96	150	9.1
French Fries baked	64	150	7.5
Spaghetti White boiled	39	180	6.6
Sweet corn boiled	60	80	4.0
Frozen peas, boiled	51	80	1.3
Banana	62	120	5.7
Apple	39	120	2.3
Wholemeal Small slice	74	30	3.0
Broccoli	15	80	0.2
Eggs	0	60	0

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese, meat

‘Dr Unwin used to think that type 2 diabetes was a progressive and deteriorating condition, but he now believes in a message of hope. The Low Carb Program was developed in 2015 in collaboration with Dr Unwin, and is now used by hundreds of thousands of people all around the world’ – taken from lowcarbprogram.com

‘Freshwell Low Carb Project’ has an App available on most phones. ‘The successful free app packed full of information, resources, recipes and all you need to get started on your low carb lifestyle’

Patients from the last group stated that the recipes were useful giving them ideas to look at ingredients in a new way.

They stated that they were also encouraged by the weight loss, which has motivated them to carry on after the course.

One stated they wish they had this information when first diagnosed and not feeling left to get on with it.

If you are interested in joining the group, please email – Siobhan.Kavanagh4@nhs.net or speak to your surgery’s reception team.

Information of times, dates and location will be sent to you, to confirm your space with the group.

Places are limited and will be allocated on a first come first served basis. We do hold a waiting list, so if the dates aren’t achievable for you, we can contact you at the later date.