**Can you reverse Type 2 diabetes?**

**(taken from Diabetes UK** [**www.diabetes.org.uk**](http://www.diabetes.org.uk) **)**

We don’t call it diabetes reversal, because this might sound like it is permanent, and there will be no guarantee that your diabetes will be gone forever.

But, it is possible to put your diabetes into remission – this is when your blood sugar levels are below the diabetic range and you don’t need to take diabetes medication anymore. This could be life-changing.

**How do you put your diabetes into remission?**

There is no guarantee and there is no easy fix. But the strongest evidence for reaching type 2 diabetes remission points towards weight loss in people who are overweight or obese. Some people manage this through lifestyle – diet changes and exercise

**Why is it about losing weight?**

Scientists believe that storing too much fat in the liver and pancreas affects how type 2 diabetes develops, and losing fat can help put your diabetes into remission. In fact, losing around 15kg significantly increases your chances of type 2 diabetes remission. We know that remission is most successful nearer to your diagnosis, so it’s important to start your remission journey as early as possible.

**Is there a diet to help?**

There is no such thing as a special diet exclusively for people with diabetes – there are a lot of different ways to lose weight – but there is no one-size-fits–all diet.

We do know however that some people have put their diabetes into remission by losing weight through following the:

Mediterranean diet

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans-/mediterranean>

or a low-carb diet

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans-/low-carb>

There is lots of information available on-line regarding this

**What can I do?**

To increase your chances of type 2 diabetes remission, aim to lose at least 15kg as soon as possible. This is easier said than done so ask your diabetes nurse for support.

It’s important to know that not everyone who loses this much weight will be able to put their diabetes into remission. But losing 15kg comes with a lot of health benefits, even if you don’t achieve remission. Even losing as little as 5% of your body weight, when you're overweight, can have huge benefits for your health. [Losing extra weight](https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/whats-your-healthy-weight) can lead to:

* Fewer medications
* Better blood sugar levels
* Reduction of complications

Useful Links

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/whats-your-healthy-weight/lose-weight>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/type2-diabetes-remission>

**IMPORTANT NOTE**

**Undertaking changes in diet should be done in conjunction with your diabetes nurse, and other medications/conditions will have to be taken into consideration eg high blood pressure – you might need less medications if you manage to reduce your weight**