

## Supportive Statements From Established Associations

*“A variety of eating patterns (combinations of different foods or food groups) are acceptable for the management of diabetes.*

*Until the evidence surrounding comparative benefits of different eating patterns in specific individuals strengthens, health care providers should focus on the key factors that are common among the patterns:*

- *Emphasize nonstarchy vegetables.*
- *Minimize added sugars and refined grains.*
- *Choose whole foods over highly processed foods to the extent possible.*

*Reducing overall carbohydrate intake for individuals with diabetes has **demonstrated the most evidence** for improving glycemia and may be applied in a variety of eating patterns that meet individual needs and preferences.*

*For select adults with type 2 diabetes not meeting glycemic targets or where reducing antiglycemic medications is a priority, **reducing overall carbohydrate intake with low- or very low-carbohydrate eating plans is a viable approach.**”*

Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. American Diabetes Association. May 2019. <https://doi.org/10.2337/dci19-0014>

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*“The current evidence suggest that low-carb diets can be safe and effective for people with Type 2 diabetes. They can help with weight loss and glucose management, and reduce the risk of cardiovascular disease. So, we can recommend a low-carb diet for some people with Type 2 diabetes. But there is no consistent evidence that a low-carb diet is any more effective than other approaches in the long term, so it shouldn't be seen as the diet for everyone.”*

*Low-carb diets for people with diabetes. Diabetes UK. May 2017.*

<https://www.diabetes.org.uk/professionals/position-statements-reports/food-nutrition-lifestyle/low-carb-diets-for-people-with-diabetes>