

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 antihyperglycemic 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>

“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-nutritionlifestyle/low-carb-diets-for-people-with-diabetes>

"Healthy low- or very-low-CHO diets can be considered as one healthy eating pattern for individuals living with type 1 and type 2 diabetes for weight loss, improved glycemic control and/or to reduce the need for antihyperglycemic therapies."*

Diabetes Canada Position Statement on Low-Carbohydrate Diets for Adults With Diabetes: A Rapid Review. April 2020. <https://doi.org/10.1016/j.jcjd.2020.04.001>