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# Low carbs may put diabetes in remission

15 January 2021

Low carbohydrate diets could help put type-two diabetes into remission, an international study suggests.

After a six month period, patients whose daily calorie intake was less than 26 per cent carbs had higher rates of remission than people on diets traditionally recommended for managing the disease.

CSIRO professor Grant Brinkworth, who contributed to the research, said patients who adhered to low carb diets had the greatest health improvements.

"Building on existing research, this study underscores that a low carb diet can achieve greater weight loss and is more effective in reducing diabetes medication and improving blood glucose control," he said.

"However, this study has gone one step further in showing the low carb dietary approach to be effective in driving type-two diabetes into remission."

The paper, published the British Medical Journal on Thursday, came to the conclusion after examining 23 diabetes studies involving almost 1400 participants.

"This study will help clinicians and patients to better understand how this dietary approach can be used to treat type-two diabetes," co-lead Dr Joshua Goldenberg from America's National University of Natural Medicine said.

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"The results ... suggest low carb diets could be considered an effective alternative, while monitoring and adjusting diabetes medication as needed."

According to federal government data published last year, \$1.2 million Australians had diabetes in 2017/18.

The disease contributed to 11 per cent of the country's deaths in 2018, roughly 16,700 people.

Professor Brinkworth said the findings underlined the need for diet support tools and further study.

"Having a clearer definition of type-two diabetes remission, and more rigorous studies examining the long-term safety and satisfaction of low carb diets, will also help to confirm the strength of this therapeutic approach," he said.


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