

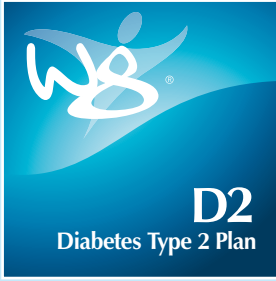
Helping people with **Type 2 Diabetes** Lose Weight

All About Weight
supports



All About
Weight
LIFESTYLE NUTRITION





Helping people with **Type 2 Diabetes** Lose Weight



It's all about **controlling your weight & blood sugar...**



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**Diabetes
UK**



Following a healthy diet and lifestyle is first-line treatment for type 2 diabetes.

If you have recently been diagnosed with type 2 diabetes, the chances are your doctor has advised you to lose weight.

If you have looked for help to lose weight, you may have found that not all commercial diet companies welcome people with diabetes or understand their needs, and not all diets are suitable for people with the condition.

All About Weight D2 is a diet plan that helps people with type 2 diabetes achieve meaningful weight loss, maintain a healthy weight and improve their blood sugar control.

All About Weight supports the work of Diabetes UK, and D2 has been designed with dietary guidelines outlined by the organisation and put together by qualified dieticians.

This booklet introduces All About Weight to you. We will explain the All About Weight D2 plan, what you can expect in a typical day and how it is so good for people with type 2 diabetes.



“Any positive change in diet and lifestyle will help protect you from the onset of type 2 diabetes”

Dr Hilary Jones



All About Weight D2 is designed for you in two stages...

1: Following our D2 plan will help you achieve meaningful weight loss.

2: Healthy eating plan, by following a Low GI plan for you to enjoy.

It's an easy-to-follow plan that provides portion-controlled meals and includes all food groups recommended by Diabetes UK.

- **Low GI starchy foods**
- **Fruit and vegetables**
- **Whole grains and pulses**
- **Low fat dairy products**
- **Regular healthy snacks**

Adequate physical activity is essential for good health and diabetes control. All About Weight plans encourage regular exercise, tailored to the individual.



“Support Every Step of the Way”

- **24-hour online tips and information on diet and fitness**
- **Live chat available for our D2 plan clients**
- **Ask our registered dieticians questions directly**
- **Your own personal Consultant Mentor in your local area**
- **Dedicated Customer Services team open until 9pm**
- **We work with your doctor towards your personal targets for weight and blood sugar control**
- **You can record your progress in your personal online account**



What is involved on the **D2 plan**?



Each day you will have...

- Six eating occasions so you keep your blood sugar steady and don't go hungry
- Four tasty and convenient portion-controlled meals and Mealpaks
- Two healthy snacks from the D2 approved snack list (carbohydrate and protein snacks)
- At least five added fruits or vegetables from the approved D2 food lists
- Eight glasses of water
- Half a pint of skimmed milk
- Unlimited black tea and coffee
- Tablet sweeteners

Choose your meals...

From a great range of nutritionally balanced Mealpaks, and chef-prepared ready meals, all portion-controlled for ease of use, you can enjoy the no hassle and healthy D2 plan, knowing that everything has been planned throughout to give you all you need to achieve meaningful weight loss.

- No calorie counting
- No fuss
- No complex shopping lists
- Follow the D2 plan and watch your weight reduce



The D2 plan gives you
everything you need for healthy weight loss

Why it **works...**

The D2 plan is a low calorie, low saturated fat, low GI diet.

To lose weight you need to reduce the calories you eat. The Mealpaks provided are low in calories but contain a balance of protein, carbohydrate and fibre that keeps you feeling full so that you can eat less without going hungry and of course Mealpaks also contain all the vitamins your body needs. Four Mealpaks give you 100% RDA everyday. If you have three Mealpaks, the balance will come from the extra Chef meal or, from the normal Add A Meal list that All About Weight supply to you.

People with type 2 diabetes are at greater risk of developing heart disease. D2 includes foods known to reduce risk factors such as high cholesterol and high blood pressure, which are associated with heart disease.

Low GI

Lower GI diets have also been associated with improved levels of 'good' cholesterol. Research has shown that people who have an overall low GI diet have a lower incidence of heart disease.



Low Saturated Fat

People with diabetes are advised to minimise the saturated fats in their diets because these raise 'bad' cholesterol and subsequently increase insulin resistance.

Diabetes UK recommends that people with type 2 diabetes reduce the amount of fat they eat, and instead consume unsaturated fats like healthy vegetable oils and nuts, which are included in the D2 plan.





Fruit and Vegetables

Eating fruit and vegetables helps to lower your blood pressure and protect your arteries. People who eat more fruits and vegetables have a lower risk of many chronic diseases, heart disease, stroke and certain cancers.

D2 includes five portions of fruit and vegetables every day, including beans and pulses, as recommended by Diabetes UK.



Soya

Consumption of soya-based foods is thought to have many beneficial effects for people with type 2 diabetes and metabolic syndrome, including reducing markers of inflammation and cholesterol and improving kidney function. All Mealpaks are soya-based.

Dairy

Low fat dairy products are recommended by Diabetes UK. Milk and dairy products are a good source of calcium, which is thought to have beneficial effects for weight loss. Consumption of low fat dairy is associated with a lower risk of developing type 2 diabetes in men.

All About Weight Mealpaks are based on soy and milk proteins. The D2 plan includes $\frac{1}{2}$ a pint of skimmed milk daily and a choice of low fat dairy products from the approved food lists.

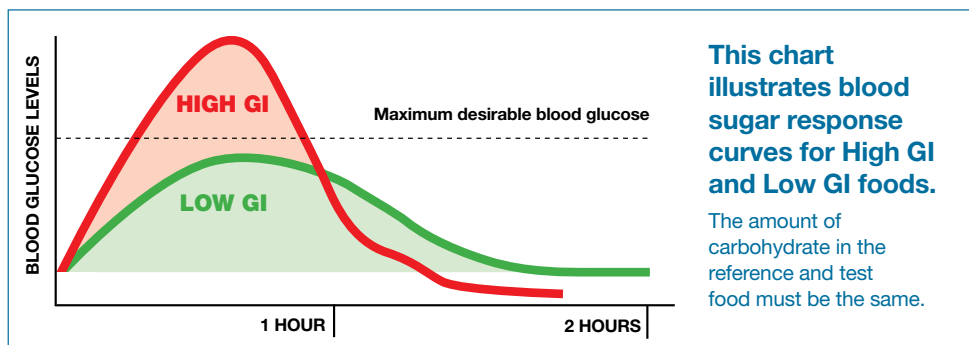


“D2 includes five portions of fruit and vegetables every day, including beans and pulses, as recommended by Diabetes UK”

Low GI explained

Low GI foods contain slow-acting carbohydrates, which will also reduce the peaks in blood glucose that often follow a meal. This may have a role in helping to prevent or reduce the risk of getting type 2 diabetes in those at risk. There are also benefits for weight loss. Low GI foods can help you control your appetite by making you feel fuller for longer.

High glycaemic index carbohydrates raise your blood sugar quickly, but it crashes quickly afterwards. The more your blood sugar fluctuates, the more your body's ability to produce insulin will become exhausted.



As D2 meals include low GI foods they help to maintain even blood glucose levels between meals and can therefore help you avoid 'hypos'. The effect of a low GI meal can run in to the following meal, which helps keep blood glucose more even during the whole day.

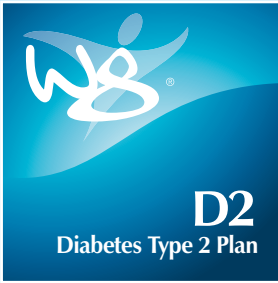
The D2 plan keeps you eating low GI six times a day, so your blood sugar and appetite are controlled all day long.

For more information, see the Diabetes UK pages on the Glycaemic Index:

http://www.diabetes.org.uk/Guide-to-diabetes/Food_and_recipes/The-Glycaemic-Index/
and visit www.glycemicindex.com (University of Sydney, Australia).

All About Weight
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Diabetes
UK



To get started...

simply order online now or find
your local Consultant Mentor

0844 544 7773

www.allaboutw8.co.uk

It's all about **controlling your weight & blood sugar...**

All About Weight is changing the way the UK loses weight. Our unique 'lifestyle nutrition' approach is the new, modern, smart and healthy way for every individual to lose weight fast and to maintain a healthy and happy weight.

We know that all kinds of people can have difficulty losing weight. We are able to provide specialist help for people with type 2 diabetes, with a plan that isn't just about reducing calories, it's about incorporating the meal patterns and all the types of food recommended by Diabetes UK to control blood sugar and reduce the long-term health complications of diabetes.

If you have a local Consultant Mentor in your postcode area, they can offer you one-to-one or group mentoring. If, however, you do not have a local Consultant Mentor close by, you can use the normal support options available from All About Weight.

Your local Consultant Mentor:

D2 is a portion-controlled, reduced calorie, low fat, low GI eating plan designed to help people with type 2 diabetes achieve meaningful weight loss. It is intended to be followed for a limited time for weight loss, moving to a low GI, healthy eating plan for long-term weight maintenance. It does not treat or cure diabetes, and is not a substitute to replace any diabetes medications. Your health professional/GP may need to reduce your medications due to changes in your diet or weight that occur on this plan. Consult your doctor before starting this or any other diet plan.

Diabetes Type 2 Diet Controlled – self-assessment screening.

Diabetes Type 2 Medication Controlled – GP consent and blood sugar monitoring.

All About Weight Head Office

Future House, Marshfield Bank, Crewe, Cheshire CW2 8UY

Tel: 0844 544 7773

customerservices@allaboutw8.co.uk

www.allaboutw8.co.uk

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