CAN CHANGING WHAT YOU EAT CUT YOUR DIABETES MEDICATION?

IN A RANDOMIZED TRIAL, 43% DID.

43% of people with type 2 diabetes on a low-fat vegan diet reduced their diabetes medication in 22 weeks, vs. 26% on the standard American Diabetes Association diet (randomized trial, 99 adults).

Barnard et al. · Diabetes Care · 2006 [1]

WHAT DID THEY CHANGE?

- **No meat, dairy or eggs**
- **Low in fat**
- **Built on vegetables, fruits, whole grains and beans**

Blood sugar can drop fast when you change how you eat. Your doctor may need to lower your medication.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Could changing my diet help my blood sugar?** [1]

2. **If I try a low-fat, plant-based diet, how often should I check my blood sugar?**

3. **If my blood sugar drops, how will we adjust my medication safely?** [1]

4. **Can we recheck my A1C in 3 months?**

−1.23 A1C points in 22 weeks on the vegan diet, vs. −0.38 on the standard diet, among people whose medication did not change.
Barnard et al. · Diabetes Care · 2006 [1]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE Your fork can lower your blood sugar and your pill count. Randomized trials, 16 to 74 weeks.

MORE OF THE EVIDENCE

- Over 74 weeks, before any medication changes, A1C fell 0.40 points on the vegan diet and did not improve on the other diet. Counting all results, including after medication changes, the difference was not statistically significant. [2]
- In a 16-week trial of 244 adults with excess weight, a low-fat vegan diet improved insulin sensitivity, and people lost about 13 pounds. [3]

Keep in mind: Blood sugar can drop when you change how you eat. Your doctor may need to lower your medication.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Barnard ND, et al. Diabetes Care, 2006. A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. https://pubmed.ncbi.nlm.nih.gov/16873779/

[2] Barnard ND, et al. American Journal of Clinical Nutrition, 2009. A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. https://pubmed.ncbi.nlm.nih.gov/19339401/

[3] Kahleova H, et al. JAMA Network Open, 2020. Effect of a low-fat vegan diet on body weight, insulin sensitivity, postprandial metabolism, and intramyocellular and hepatocellular lipid levels in overweight adults. https://pubmed.ncbi.nlm.nih.gov/33252690/

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