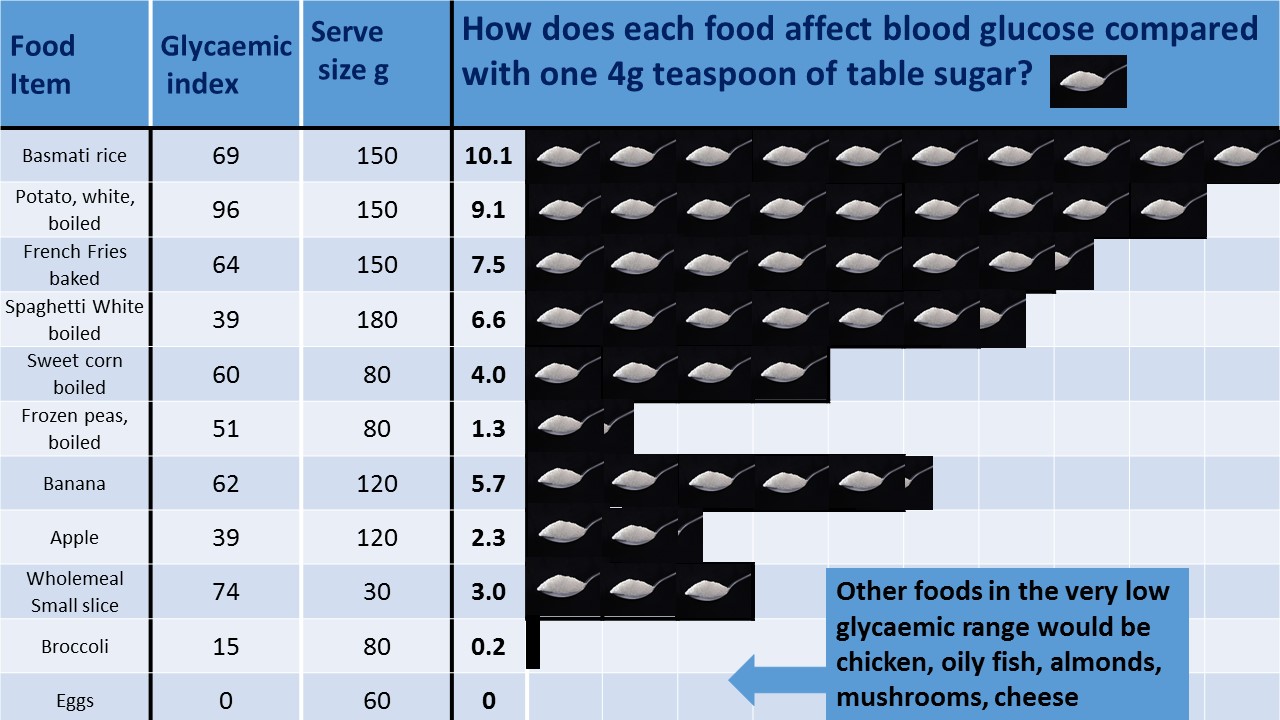
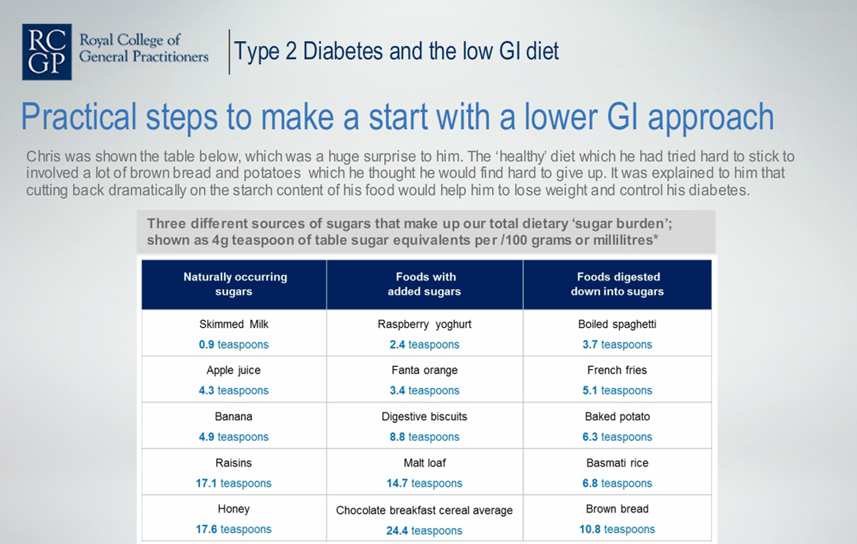
**NICE NG28. Type 2 diabetes in adults: Management**

1.3.3 Encourage high‑fibre, low‑glycaemic‑index sources of carbohydrate in the diet **[2009]**

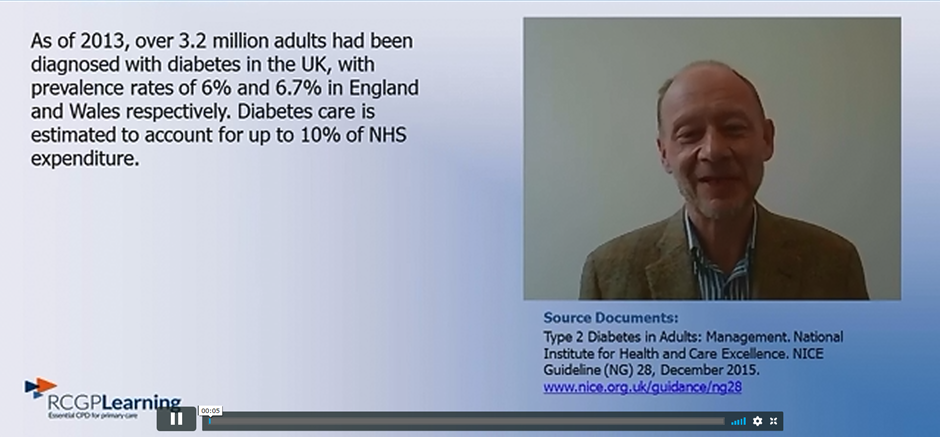
1.3.6 Individualise recommendations for carbohydrate and alcohol intake **[2009]**



We produced many Infographics like this to help people use the glycaemic index and load to make better dietary choices. Calculations to be found in**: *It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited* | Unwin | Journal of Insulin Resistance**

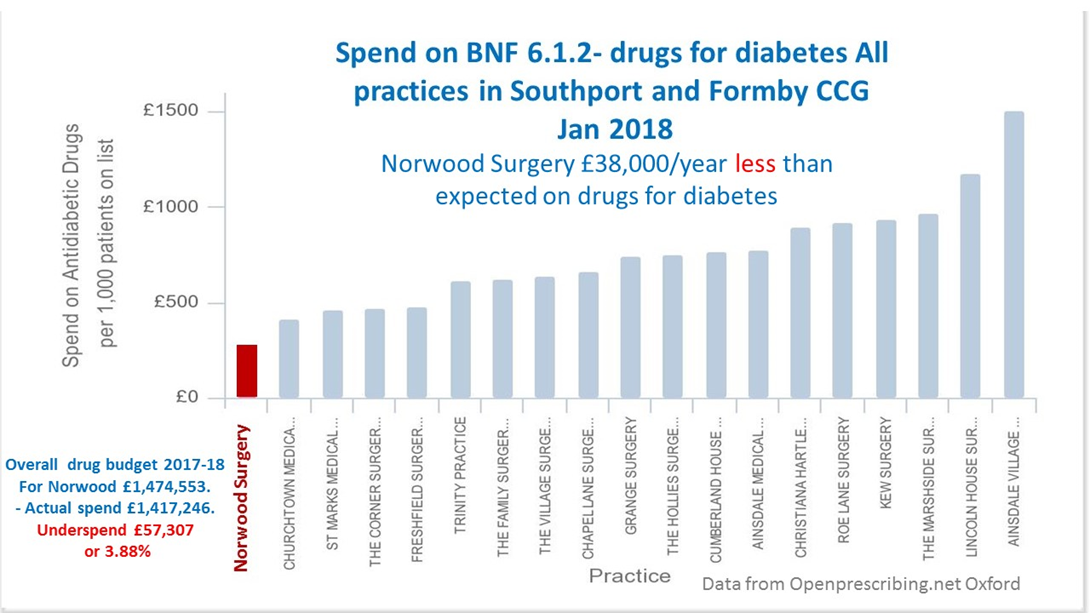


**From our RCGP e-learning module based on the glycaemic index as per NICE published June 2018 Free to all 52,000 NHS GPs**

****

**A separate RCGP publication Dr Unwin produced this autumn. An Essential Knowledge Update screencast based on NICE guidelines for Type 2 diabetes Free for all to view here:**

[**http://elearning.rcgp.org.uk/mod/page/view.php?id=8734**](http://elearning.rcgp.org.uk/mod/page/view.php?id=8734)



**Our relevant peer reviewed publications**

1. **Low carbohydrate diet to achieve weight loss and improve HbA1c in type 2 diabetes and pre‐diabetes: experience from one general practice.** Practical Diabetes. Unwin D, Unwin J**.**  2014;**31**(2):76 <https://onlinelibrary.wiley.com/doi/abs/10.1002/pdi.1835>
2. **A patient request for some ‘deprescribing’. DJ Unwin & SM Tobin**. BMJ 2015; 351 doi: http://dx.doi.org/10.1136/bmj.h4023 (Published 03 August 2015) This is about how diet can help a patient who wants to come off his medication for diabetes do it safely
3. **Outcomes of a Digitally Delivered Low-Carbohydrate Type 2 Diabetes Self-Management Program: 1-Year Results of a Single-Arm Longitudinal Study** Saslow LR, Summers C, Aikens JE, Unwin DJ. JMIR Diabetes 2018;3(3):e12 <http://diabetes.jmir.org/2018/3/e12>
4. **It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance**

<http://insulinresistance.org/index.php/jir/article/view/8>