



February 2026 exceptional surveillance of type 2 diabetes in adults: management (NICE guideline NG28)

Surveillance report

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In February 2026, we reviewed this guideline with a focus on dietary interventions for type 2 diabetes, which identified evidence that supports the cross-referral from this guideline to recommendations about low calorie diets in [NICE's guideline on overweight and obesity management](#).

Additionally, we identified a [review protocol from Cochrane on low-carbohydrate diet for people with type 2 diabetes mellitus](#) and other evidence investigating intermittent fasting and time-restricted eating diets for type 2 diabetes.

Surveillance decision

We will update NICE's guideline on type 2 diabetes in adults to cross refer to relevant recommendations in NICE's guideline on overweight and obesity management.

We will continue to assess the impact of the Cochrane review when it publishes.

We won't update recommendations on intermittent fasting and time-restricted eating diets at this time, as there was not enough evidence to support this. We will continue to monitor for emerging evidence for these dietary interventions.