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Partial Reversal of T2D Through Dietary Manipulation

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Abstract

During evolution of T2D, most pivotal factor is increasing Insulin resistance (IR). Hence any maneuver, which reduces IR shall be a step towards reversal of T2D. Researches by Roy Taylor have shown that ultra low caloric diet reduces excess fat deposited in liver, pancreas and muscles and results into better Insulin action and often total reversal of T2D. Ultra low caloric diet has poor compliance with attended risks so we planned a moderate caloric diet, 1000-1200 calories per day, which is equivalent to half of usual diet. It resulted into reduction of Insulin resistance (HOMA-IR), weight, BP, Body fat% (BFP) and betterment of glycemia and lipid profile.

Keywords: Insulin Resistance, HOMA-IR, Type 2 Diabetes,

Abbreviations: Blood Pressure (BP), Body Fat Percentage (BFP), Homeostatic Model Assessment-Insulin Resistance (HOMA-IR)

Funding and Conflicts of Interest

None