

# Low Calorie Diet Programme

## Welcome to the programme

This booklet will provide you with information about the programme as you start your journey into potentially putting your diabetes into remission.

Please bring this booklet with you to every session you attend with your Coach as it is used to track your progress on the NHS Low Calorie Diet programme.

Your name: \_\_\_\_\_

Programme start date: \_\_\_\_\_

Service provided by



# Welcome to the NHS Low Calorie Diet Programme

**The programme has been designed to support you to potentially put your Type 2 diabetes into remission.**

Over the next 52 weeks, you will be supported through a programme designed to take you on a journey to help you to lose weight, eat more healthily and improve your overall health and wellbeing.

Making healthy lifestyle changes and losing weight could help you put your type 2 diabetes into remission or reduce or stop taking diabetes medication.

Remission would mean that your blood sugar levels remain healthy without having to take any medication.

Throughout the programme we will provide you with further materials to give you information about each stage of the programme as well as to provide you with tools that you will find useful as you progress through your journey.



## Your Coach

Your Coach is your dedicated point of contact for the programme and they will be with you every step of the way.

You will meet with your Coach at regular intervals during the programme, and they will provide you with the information and support you need to achieve your goals.

Make a note of the name of your Coach, and their email address and/or phone number should you wish to contact them.

**My Coach is:** \_\_\_\_\_

**I can contact my Coach at:** \_\_\_\_\_

## Adverse effects

If you encounter any unexpected, unusual or worrying symptoms during the programme, please refer to the following advice:

- If you have a medical emergency **call 999 immediately** to access emergency services.
- If you have an urgent medical issue and you're not sure what to do - call the **NHS on 111 or visit 111.nhs.uk**
- **Contact your GP for support** or let them know as soon as you are able.
- Inform your Coach as soon as you are able or let our support team know by calling **0800 092 1191**

# The programme

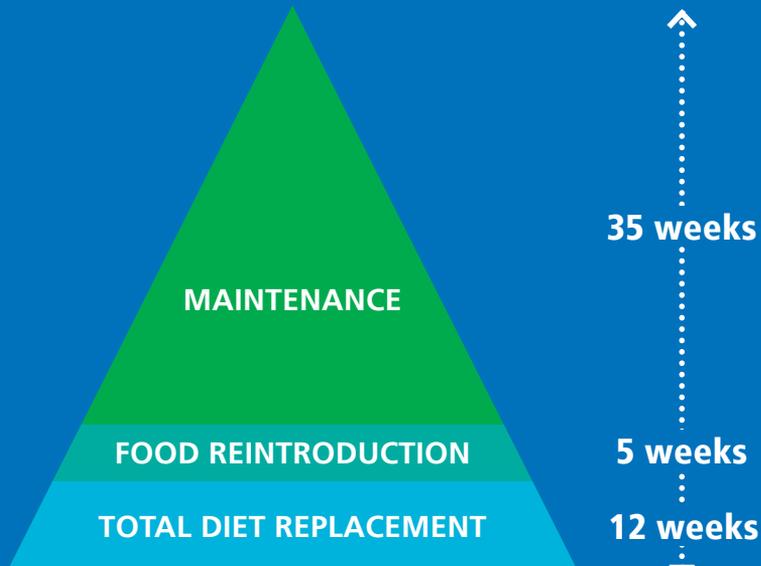
**The NHS Low Calorie Diet Programme is designed to support you to lose weight safely, improve your health and wellbeing and work towards potentially putting your diabetes into remission.**

Each phase has been designed to give you the support you need to achieve your goals.

Throughout the programme, we will regularly take some key measurements from you, including your weight, waist circumference and your blood glucose levels.

These measurements allow us to track your progress throughout the programme.

If things do not go as planned, your Coach will work with you to help you to get back on track.





### TOTAL DIET REPLACEMENT

We'll support you through Phase 1 as you'll replace your usual diet with a controlled diet to help you lose weight safely.



### FOOD REINTRODUCTION

Your Coach will guide you to reintroduce food into your diet in a safe, healthy way.



### MAINTENANCE

We want the changes you make to be long-lasting and sustainable. The final phase of the programme will provide you with the knowledge and tools you need to continue to achieve your health and wellbeing goals.



## Your weight loss goal



Setting yourself a weight loss goal for the programme will help you to stay focussed on what you want to achieve. Losing as little as 5% of your weight can have a positive impact on your health.

Your Coach will discuss with you in your first session what your weight loss goal is for the programme.

Take a moment to write this down:

**My weight loss goal is...**

## Your motivation



Your Coach will ask you what your motivation is for achieving your goal. Take a moment to reflect on why you have decided to take part in this programme and how your life might change if you are successful in achieving your goals.

Write your main motivation down below so that you can refer back to it in the future:

**My motivation is...**

## Your confidence



At your first session, how confident do you feel that you can achieve your goal? Please tick one box below.



means that you wouldn't know where to start without help

means that you have some confidence but support is definitely needed

means that you feel you could achieve this goal without support



## Your tracker

At each session of the programme, complete the tracker below to keep a record of your key measurements.

Session	Weight	Blood glucose	Blood pressure
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			