

Weight Management for T2D



Why weight matters in T2D

Carrying extra weight, especially around the waist, can make your body less sensitive to insulin, leading to higher blood glucose. Even a 5–10% reduction in body weight can improve blood sugar, blood pressure, and cholesterol, and reduce the risk of diabetes complications.

How do I set realistic goals?

Focus on small, achievable changes rather than dramatic weight loss. Sustainable progress matters more than quick results.

- Aim for 0.5–1 kg (1–2 lbs) per week
- Set short-term goals (e.g., weekly activity minutes, fruit/vegetable servings)
- Track progress with a journal, app, or support program
- Celebrate non-scale successes: improved energy, better glucose readings, more activity

Some medications can affect weight, and certain health conditions may require specialized guidance. Your healthcare team can adjust strategies to fit your situation.

Healthy eating for weight management

Balanced meals and portion control help manage both weight and blood glucose:

- Fill half your plate with non-starchy vegetables
- Include lean protein at each meal
- Choose whole grains instead of refined starches
- Limit sugary drinks and processed snacks
- Spread carbs evenly through the day

Small, consistent adjustments often work better than drastic dieting.

Physical activity for weight management

Exercise improves glucose control, builds muscle, and supports steady weight loss:

- Aim for 150 minutes/week of moderate activity (e.g., walking, cycling, swimming)
- Include muscle-strengthening exercises 2–3 times/week
- Break up long periods of sitting by standing or walking
- Choose activities you enjoy for better consistency

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist