

# 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