

One diet does not fit all: Diabetes Australia urges Australians to discuss individual diets with their healthcare team - November 2014

Diabetes is serious and complex in all its forms - type 1 diabetes, type 2 diabetes, gestational diabetes and other variants. The public/media discussion about diabetes should not be dominated by "diets" - this is not helpful. A focus on one particular type of diet is not helpful.

There are 1.7 million Australians with diabetes (all forms) and, for each and every one of them, advice needs to be tailored to their individual needs to help them live well and manage their diabetes. People with diabetes need access to ongoing self-management advice and support from an experienced, multidisciplinary healthcare team. This includes healthy eating, healthy activity and healthy weight and also self-monitoring of blood glucose levels, medication management and much more for optimal management of their diabetes.

The Australian Dietary Guidelines released in 2013 are a very good guide to healthy eating for the entire population. But when it comes to people who are diagnosed with diabetes, or people who may be at high risk of developing type 2 diabetes because they already have impaired glucose tolerance, there is no diet that works for everyone and we should aim to have individualised, tailored advice provided by multidisciplinary, healthcare teams.