



**The REALLY HEALTHY way to shop and eat**

One of Britain's leading health experts will change how you think about food for ever

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# BEAT DIABETES WITH NHS DIET

Prescription soup and shakes could reverse 500 cases a week

## EXCLUSIVE

By Victoria Allen, Science Editor

**A SOUP and shakes diet that can reverse type 2 diabetes is to be offered on the NHS.**

The national roll-out of the regime, which cuts food intake to just 600 calories a day, could see 500 patients beat the condition every week.

The diet is to be piloted in 10 NHS trusts in the north and south of England.

Research from around 2,000 patients in all shows it helps them to lose an average of more than 100lb a year. An NHS clinical trial found almost half of those who tried the diet managed to reverse their type 2 diabetes.

The research showed eating 600 calories helped patients lose weight and improve their health.

Professor Jonathan Shaw, of the University of Leeds, said: "We have seen fantastic early results from the NHS roll-out of the programme and are now planning to expand it to other NHS trusts. We give the patients the support they need to make the most of the diet and improve their health."

Rolling out the diet will see an NHS pilot programme which will be run by the NHS in 2026.

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**Ugly truth behind Beckham's £150million Qatar deal**

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