

# Diabetes & Diets

Many people with diabetes are interested in trying popular diets such as the “Intermittent Fasting Diet” or the “Ketogenic Diet”. While we generally do not support these diets, as we prefer a more sustainable approach to healthy eating and weight loss, we understand that you may choose to try one of these diets. There are a few things you should be aware of before starting.

Because these diets involve limiting carbohydrates or do not allow for regular meal times the risk of hypoglycemia or low blood sugars increases, especially with certain medications and/or insulin. It is important you let your health care provider know before starting a diet because you may require medication adjustments.

It is also important to notify your health care provider if you stop one of these diets. Since they are quite restrictive, they aren’t always sustainable for a long period of time. If you stop following the diet, you may require additional medications or adjustments to keep your blood sugars controlled.

If you have questions about healthy eating and diabetes, you should talk to a Registered Dietitian or a Certified Diabetes Educator.

