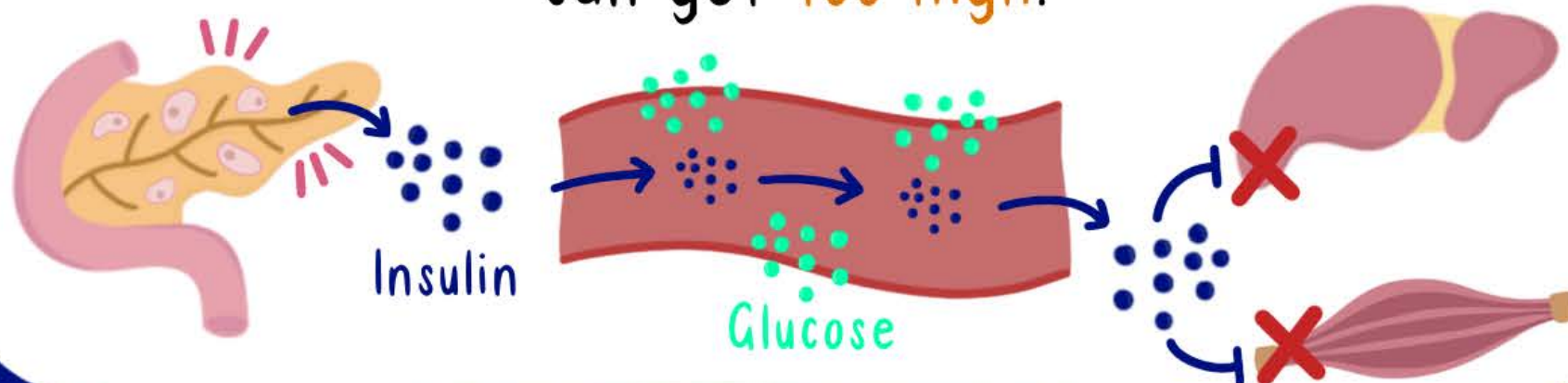


Diabetes is a **leading cause of death** worldwide. Currently, **1 in 11 adults** are living with diabetes.

Diabetes occurs when the body **cannot control blood glucose levels**. This happens because the body does not produce enough of the hormone **insulin**, or when the body cannot effectively use insulin.

Type 2 diabetes (T2D) is the **most common**, accounting for **90-95%** of cases worldwide. The development is complex. In the early stages the body's cells become **less sensitive** to insulin's signal to move glucose from the blood into the body's cells - called **insulin resistance**. The pancreas then produces more insulin, but cannot keep up with the increased demand. **Blood glucose** levels become **uncontrolled** and can get **too high**.



There are **two main types** of diabetes: **type 1** and **type 2**.

RISK FACTORS FOR T2D

Excess body fat and obesity

Family history

Genetics, e.g., ethnicity

High blood pressure

Increased age

Type 1 diabetes occurs when the body's natural defence system **attacks** the **pancreas**. The cells which produce insulin are destroyed.



Obesity is a **major risk factor** for type 2 diabetes (T2D).



Individuals living with obesity are up to **80 times more likely** to develop T2D, compared to individuals who have a healthy body weight.¹



A diet high in calories (including **excess calories** from sugars) and/or low physical activity levels can contribute to **weight gain**.




It is important that studies consider **body weight** and **calorie intake** when looking at the possible link between dietary sugars and T2D.





No **single** dietary factor, such as sugars, is solely **responsible** for obesity.²

TOTAL SUGARS

A **high intake** of total sugars has **not been linked** to an increased risk of developing type 2 diabetes (T2D).³

ADDED SUGARS

In individuals with **obesity**, consuming **lots** of added sugars is associated with **increased risk** of developing **insulin resistance**. This association has not been observed in normal weight individuals.⁴

FRUCTOSE

There is **no link** between the consumption of fructose and risk of developing T2D.³

SUGARS-SWEETENED BEVERAGES

There is convincing evidence that drinking lots of sugars-sweetened beverages is associated with increased risk of T2D. This association is not influenced by body weight.^{3, 5}

Associations **cannot prove** that one thing **causes** another. An association only shows if there is a **link** between two factors.

"A healthy diet, regular physical activity and maintaining a normal body weight are ways to prevent or delay the onset of type 2 diabetes (T2D)."

- World Health Organization

Typical diets recommended for **people with diabetes** worldwide follow the basic principles of **healthy eating**



In line with recommendations for the general population, individuals with diabetes are encouraged to reduce sugars intake, including **sugars-sweetened beverages**



 Low-carbohydrate diets have shown **similar weight loss** to low-fat diets because in both cases, overall **calorie intakes** are **reduced**.¹⁰

There is **strong evidence** that **diet** and **physical activity**, leading to **weight loss**, can prevent T2D.^{6, 7}

 5% weight loss can **reverse T2D** in almost half of cases after 1 year!^{8, 9}