



WELCOME PACK

TAKING CONTROL OF TYPE 2 DIABETES, PREDIABETES, AND OBESITY

Getting started with the award-winning Low Carb Program.

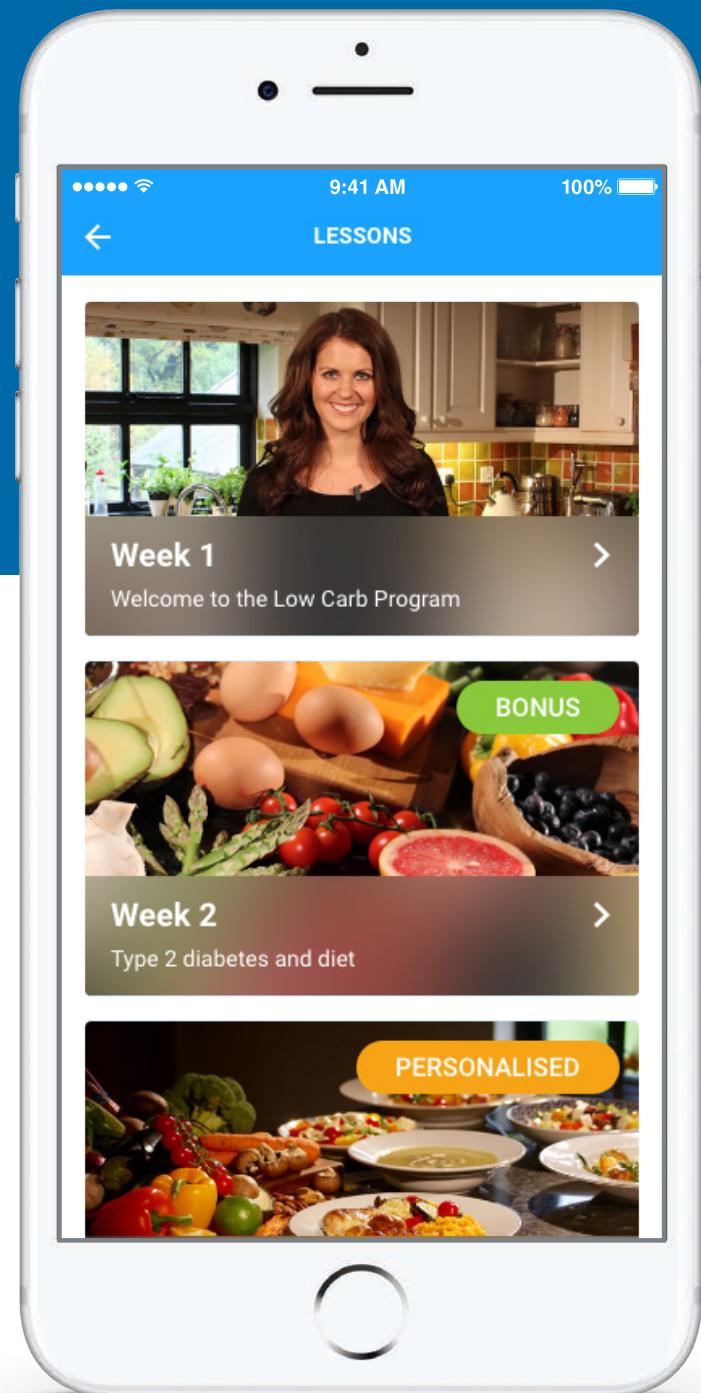


CONGRATULATIONS

We're glad you could join us.

Welcome to the Low Carb Program. This is the beginning of a journey towards optimising metabolic health, sustainable weight loss, improved blood glucose profiles and more energy.

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This pack is intended as an information resource only. It does not provide individually tailored clinical advice. If you have concerns about your health or your lifestyle choices, please speak to your healthcare professional. Importantly, some medications that are taken for the management of all forms of diabetes may need adjustment when diet is altered.

WHAT IS THE LOW CARB PROGRAM?

The Low Carb Program is an award-winning digital health intervention for people with type 2 diabetes, prediabetes and obesity. In just under 3 months, most members who complete the program improve blood glucose control and sustainably lose weight whilst reducing or eliminating diabetes medications.

IMPROVE YOUR METABOLIC HEALTH

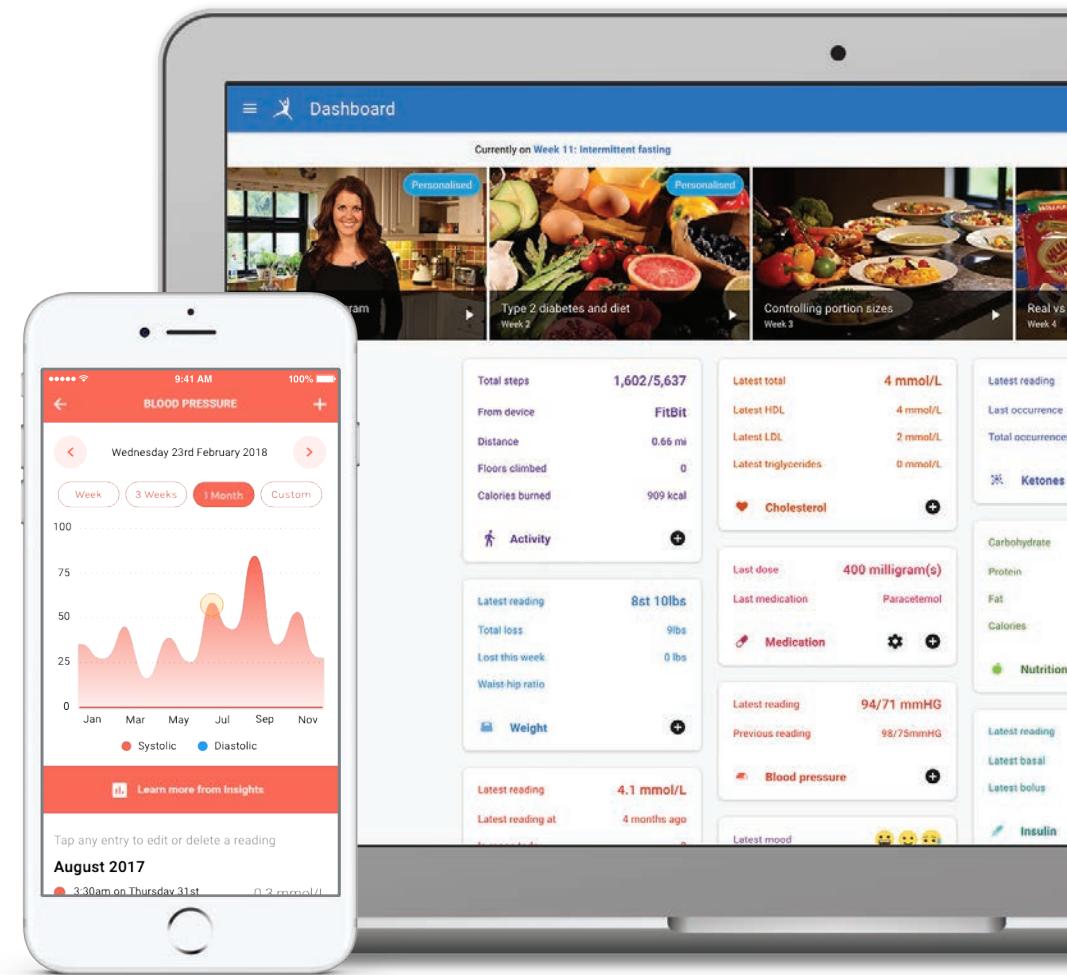
The Low Carb Program provides the education, resources, and most-importantly, support required when reducing the amount of sugar (or carbohydrates) in the diet. By addressing added sugar, natural sugar and refined sugars in the diet, thousands of people have improved their metabolic health, reduced their medication dependency and risk of complications.

The Low Carb Program was developed with Dr David Unwin, who is Royal College of General Practitioners National Champion for Collaborative Care and Support Planning in Obesity & Diabetes, RCGP Clinical Expert in diabetes and GP Partner at Norwood Surgery, Southport. The feedback of 100,000 people was also used to develop and refine the Low Carb Program.

JOIN US ON THE ROAD TO BETTER HEALTH

Over 350,000 people from across the world have taken part in the Low Carb Program. The tremendous success of the program has helped us tailor every step of your journey – we call it health intelligence, and it's won awards.

The program is intelligent, which means the information and experience is personalised to help you achieve your health goal whilst accommodating you and your lifestyle; including the lessons, recipes, meal plans, resources and downloads.



Getting started: Access the Low Carb Program as an app on iOS and Android, and on the web at LowCarbProgram.com.

HOW DOES THE LOW CARB PROGRAM WORK?

The Low Carb Program works to help you achieve your health goals. It's called a solution-focused approach, and we worked with some of the leading experts in solution-focus to create the program.

SUPPORTING YOUR SUCCESS

When you begin, you will be asked to enter your health details and select your goals. Whether it's to lose weight, reduce medication dependency, get the family eating healthier or something else, there are thousands of people who share your goal too. By entering this information the Low Carb Program will be tailored to give you a greater chance of success.

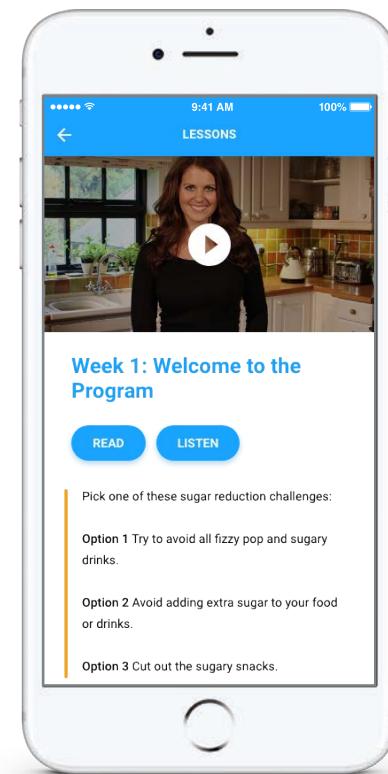
You will also be asked your ethnicity and preferred language to provide appropriate recipes, meal plans and education, just for you.

So that you can track your health improvements, you can enter your weight, height, and if you have it available your HbA1c. HbA1c is a measure of your blood glucose levels. Your doctor or nurse will usually be able to provide you with this.

MEET YOUR HEALTH MENTOR

Once you've registered, you will be presented with your Member Dashboard, where you'll meet your Health Mentor.

Over the course of the program you will be guided through a different aspect of low carb and nutrition. You will be provided with weekly Action Points, which you will choose to implement in the week ahead. You will also be provided with resources to help you achieve the Action Points; including recipes, meal plans, and swap tips.



DIGITAL MENTOR



BEHAVIOUR CHANGE
MENTORING



COMMUNITY SUPPORT

HOW DOES THE LOW CARB PROGRAM WORK?

TRACK YOUR PROGRESS

Track your progress at least every week – whether that's weight, blood glucose, ketones, HbA1c, mood, the medication you're taking, or even selfies.

Share your progress with the community – there are thousands of others just like you at different stages of their health journey. Tracking your journey is key to seeing your change.

You can download your data from the Reports area at any time.

MEET THE COMMUNITY

There are over 350,000 people in the Low Carb Program community. Talk about this way of eating, share photos of recipes, meal plans, tips and ideas on your timeline.

Got a question about low carb? Post a question to the world's biggest low carb community.

Speak to Champions in the community, too – people who have been in your position and know what it's like to start a lower carbohydrate lifestyle.

There's no such thing as a silly question, and nothing's ever too small.

Meet people like Graham, Tina, Peter and Sohan.

SPEAK TO YOUR DOCTOR

It's very important you speak to your doctor. There's a letter you can download in Lesson 1.

The image shows a tablet displaying the Low Carb Program app. The app interface includes a sidebar with navigation links: Dashboard, Lifestyle, Discussion (highlighted), Food Diary, Add Progress, Downloads, Profile, Settings, FAQs, and Feedback. The main content area shows a video titled "Lesson: Welcome to the Program" with a thumbnail of Dr Jason Fung. The video player displays a progress bar at 00:00/05:38 and a "VIEW TRANSCRIPT" link. Below the video, there's a section titled "Action points" with the sub-section "Things to do this week".



HOW DOES THE LOW CARB PROGRAM WORK?

LIFESTYLE

This section of the Low Carb Program is designed to provide the latest news, information and research related to nutrition and low carb. Make sure to favourite at least 3 articles so we can make recommendations you are more likely to enjoy reading and watching.

TRACK YOUR NUTRITION

Track your food. Search for a food, scan a barcode or use your voice to find your food and log it to your Food Diary.

Get weekly meal plans, food swaps, videos and nutrition insights based on your dietary preferences, allergies, goal and budget.

IT GETS BETTER THE MORE YOU USE IT

The Low Carb Program is intelligent. The more articles, questions and people you follow, the better the tailored experience is. The Low Carb Program learns and delivers information, recipes, recommendations and meal plans that are relevant to you.



WHAT IS THE SCIENCE BEHIND TYPE 2 DIABETES AND PREDIABETES?

Type 2 diabetes and prediabetes are conditions where the body struggles to keep blood sugar levels under control, and it becomes high. Eating sugar (glucose) will send blood glucose levels high. High blood glucose levels are not healthy. Therefore sugar/glucose intake from food needs to be reduced.

Sugar in our food comes in many forms. It can be naturally occurring such as in honey and fruit. It can be added such as in biscuits, cakes and fizzy drinks. It importantly is also made when we digest foods that are 'starchy' such as bread, rice, potatoes and pasta (starch is simply a long chain of glucose).

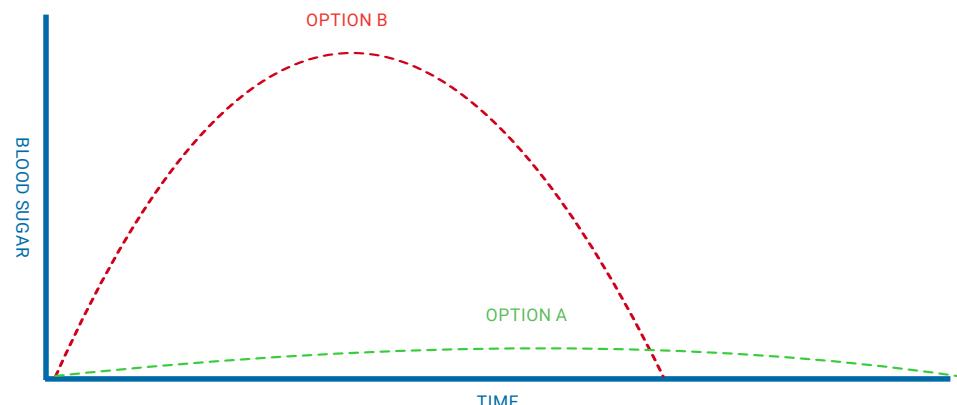
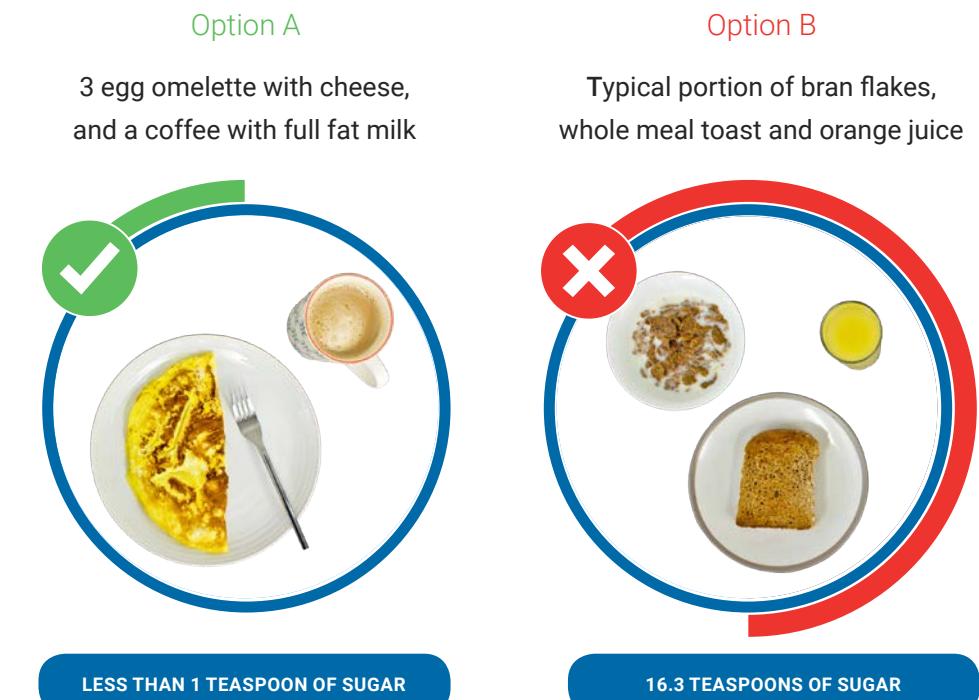
INSULIN

The body is constantly trying to maintain a state of balance. To keep a normal blood sugar level the body uses a hormone called insulin. When our blood sugar level goes high insulin is released from our pancreas. This tells our body's cells to take in the glucose from the blood. If necessary insulin also instructs our liver and our fat stores to turn glucose into fat, and this helps to rid the excess glucose from our body.

INSULIN RESISTANCE

When our long term food choices have been persistently increasing the amount of sugar (glucose) in our blood eventually the system starts to fail. The body starts to resist the glucose being pushed from our blood into our cells. The liver can also become 'fatty' due to all the excess glucose it has been turning into fat.

When this happens, the body is said to be insulin resistant. More and more insulin is then required to push the glucose from our blood into our cells.



WHAT IS THE SCIENCE BEHIND TYPE 2 DIABETES AND PREDIABETES?

There comes a point when the body will no longer allow sugar to be pushed into its cells. It is at this point that prediabetes and then type 2 diabetes occur.

The only way to reverse the insulin resistance and allow our body to maintain normal blood glucose levels is to alter our lifestyles. Medication is often used in type 2 diabetes, but without lifestyle change, medication is simply hiding the problem and the condition often worsens.

For many people, adapting their lifestyle to place type 2 diabetes in remission is enjoyable and sustainable. It becomes the preferred option, and rather than having a worsening condition that requires increasing use of medications over time, the body can start to move back towards better health.

WHAT DOES THE EVIDENCE SAY?

A growing evidence base of clinical trials suggests lowered insulin levels as a result of reducing sugar and carbohydrate consumption makes the low carb approach the most effective non-invasive treatment of prediabetes, type 2 diabetes and other metabolic health conditions.

Of 62 randomised controlled trials (RCTs) conducted comparing a low-fat to low-carbohydrate approach, 31 RCTs supporting the low-carbohydrate approach were significant. In comparison, 0 low-fat RCTs were significant.

HOW CAN TYPE 2 DIABETES/PREDIABETES BE TREATED WITH LOW CARB?

When carbohydrates are restricted and insulin levels reduce, the fat sitting in the body's fat cells becomes available for the body to use as energy.

This leads to weight loss and freedom from food cravings and a reduced need to eat so frequently.

The human body is incredibly adaptive. Over the course of a couple of weeks it efficiently changes from being very dependent on burning glucose, to becoming much better adapted at using fat as a fuel source. This switch in the way the body burns fuel has been called becoming 'fat adapted'.

It makes sense for those with type 2 diabetes and prediabetes to reduce the amount of carbohydrate eaten. Humans can live well on foods such as green vegetables, protein sources such as eggs, meat and fish, and healthy energy dense fats including nuts and seeds and full fat dairy.

A lower carbohydrate lifestyle can help many people living with prediabetes or type 2 diabetes to reduce their dependency on medication, lose weight and generally feel healthier with more energy.

GUIDELINES SUPPORT THE LOW CARB APPROACH

Current National Institute for Health and Care Excellence (NICE, part of the UK Department of Health) guidance on type 2 diabetes states that treatment and care should consider individual needs and preferences.

- 1·3·3** Encourage high-fibre, low-glycaemic-index sources of carbohydrate in the diet
- 1·3·6** Individualise recommendations for carbohydrate and alcohol intake

ARE THERE ANY SIDE EFFECTS?

Any change to your diet can lead to side effects and the low carb diet is no exception.

The side effects can often be lessened or prevented by taking certain precautions. It is important to speak to your doctor before commencing a significant change to your diet.

People that significantly reduce their carbohydrate may experience fatigue, brain fog, or headaches. These side effects are due to the time delay in the body adapting to using more fat as a fuel. The symptoms are often casually referred to as low carb flu.

During this adaptation phase the body may also pass out more water and salts in the urine. In the first couple of weeks the low carb flu symptoms can be minimised by ensuring you have enough salt and by drinking a little more water than usual.

Fortunately, by the end of about two weeks the body will usually have adapted to the change in diet, and the low carb flu symptoms disappear with a return to normal, and sometimes increased, energy levels.

Some people may find this initial period a challenge, and may choose to reduce their carbohydrate intake more slowly.

LOW BLOOD SUGAR (HYPOGLYCEMIA)

If you take insulin or medications (such as sulphonylureas) that can cause low blood glucose it is extremely important that you speak to your doctor or diabetes nurse prior to reducing your carbohydrate intake. Medication may need to be reduced. Reducing carbohydrate intake without reducing blood glucose lowering medication can cause a very low blood glucose level known as hypoglycemia, "a hypo". Hypos can be dangerous and can cause loss of consciousness.

You can download a list of medications that can be affected by a lower carbohydrate diet to discuss with your doctor in Lesson 1.

CRAMPS

Cramps resulting soon after starting a diet low in carbohydrate may be a result of lost salts such as magnesium and sodium.

Some people that experience cramp report the symptoms ease with a daily supplement of magnesium. If you continue to have cramps, speak to your doctor who should be able to help you address the issue.

CONSTIPATION

Constipation can often occur with any significant change of diet and this side effect will pass after a few weeks as your gut gets used to the change.

Ensure you are sufficiently hydrated and are having a sufficient vegetable intake. If constipation continues to be a problem, consult your doctor.

WHAT RESULTS CAN I EXPECT?

Most members who complete the program improve blood glucose control and sustainably lose weight while reducing or eliminating diabetes medications.

Our study randomly followed 1,000 people with type 2 diabetes over the course of a year. The study concluded that patients with type 2 diabetes can be taught to sustain adequate carbohydrate restriction in order to improve glycemic control, decrease medication use, and allow clinically relevant weight loss.

WHAT COULD I ACHIEVE?

MEMBERS WHO COMPLETE THE PROGRAM AT 1 YEAR



1.2%

HbA1c reduction (13 mmol/mol)



7.4kg

average weight loss (7% of body weight)



39%

reduce their HbA1c below type 2 diabetes threshold



40%

eliminate one or more medications



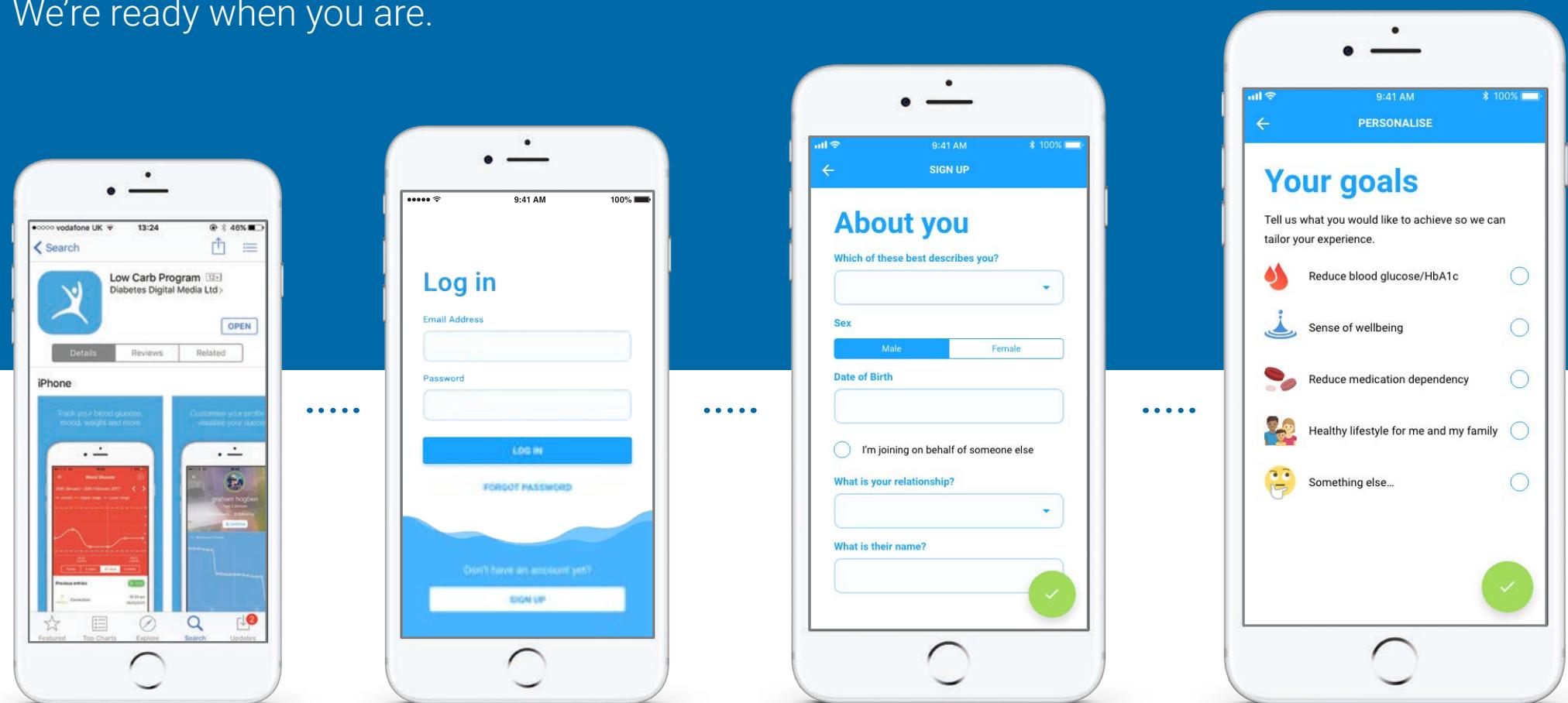
GETTING STARTED



Take the first step towards optimising your health and improved blood glucose control.

Download the Low Carb Program app available on iOS, Android and the web at
LowCarbProgram.com

We're ready when you are.



GETTING STARTED

Download the Low Carb Program app for your Apple or Android device or access via the web at LowCarbProgram.com.

It's easy and intuitive.

If you're not already a member, tap the 'Sign up' button to register. Enter a voucher code or pay to proceed to personalising your program.

You will be asked for health information and goals in order to personalise the learning, recipes and recommendations you will receive.

Once registered you will automatically be logged in. Otherwise enter your username (email address) and password to login.

FIRST TIME YOU USE THE APP

If you are prompted, enter your weight, height and waist-to-hip measurements to initialise the 'Weight' card.

You can also set blood glucose level and food macronutrient targets on the 'Blood Glucose' and 'Nutrition' cards respectively.



Login screen



Dashboard

DASHBOARD

Your dashboard keeps you up to date with where you are with your learning, your current health status and what's going on in the community.

Time until lesson opening is shown where appropriate. Lessons personalised to you are indicated with a 'Personalised' tag. Bonus lessons may also appear based on your health and progress.

Tap 'News Feed' to see the latest goings on in the low carb community – it's full of the latest news, research, new members, member success and mini victories, questions, recipes, meal ideas and recommendations.

On Android you will notice the menu icon in the top left corner, which will open up the menu when tapped. On Apple devices, this is at the bottom of the app. You'll also notice a '+' icon and a bell icon in the top right of the screen.

Tap the bell icon to see your notifications. Tap the '+' icon to track all your health markers from one screen.

SUPPORT

Having trouble getting started? For further assistance, contact us through the app or email us at hello@lowcarbprogram.com.

GETTING STARTED

TRACKING

Tap a card on the dashboard or the  icon to track your progress. You can track: weight, blood glucose, blood pressure, pulse, medication, insulin, ketones, mood, HbA1c, progress selfies, waist circumference, and waist-to-hip ratio. You can also track your food and nutrition in the Food Diary.

Tap on any card to see your tracking history, enter more information or to see your progress plotted on a graph.

COURSE LESSONS

Tap through to this screen to see all your course lessons, which you can access at any time after watching for the first time.

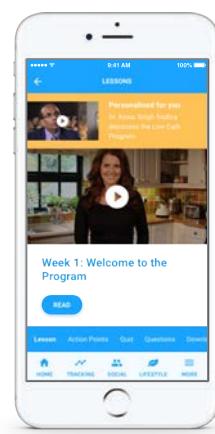
To start a lesson, simply tap it. You will then be able to watch the lesson, read the lesson text or download the audio file. You can then watch the Action Points video and find the necessary resources listed for download in the lesson.

To test your knowledge, tap 'Quiz' and if you have any questions for this week's learning, tap 'Questions' to post your question. There's no question too silly or too small – ask whatever you like. We're in this together, and you are certainly not alone.

You will be notified when next week's lesson is open and of any bonus lessons available to you.



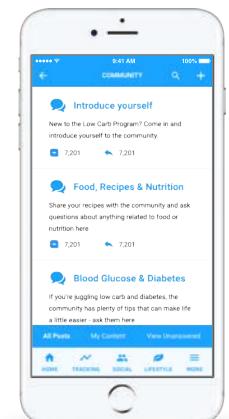
Historical mood graph



Week 1 lesson page

COMMUNITY

Speak to over 350,000 people with type 2 diabetes, prediabetes and obesity – and those who have successfully reversed their conditions, within the community. Tap the  icon to leave a question, ask for support, share your success, recipe ideas, hints, tips or talk about your experiences. Get responses from other members, Champions and Behaviour Change Mentors who help keep you motivated and on-track.



Ask questions

FOOD DIARY

Track what you are eating with the Food Diary.

To search, start typing the food's name or scan the barcode to find your food. Then, choose the serving or portion size and quantity. Finally, tap save to add it to your food diary. The more you use the food diary, the more intelligent it will become in suggesting food swaps, recipe ideas and recommendations.



Food diary

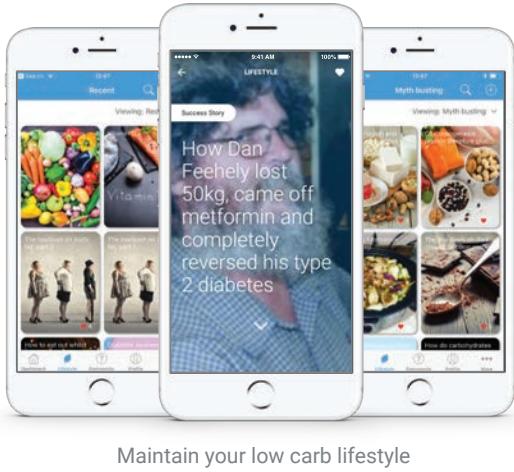
GETTING STARTED

LIFESTYLE

Daily updated news, information, recipe videos, cook-a-longs, interviews, research and success stories from the low carb community.

Favourite articles that you like by tapping the ❤ icon and the Low Carb Program will suggest articles that you are more likely to enjoy reading and watching.

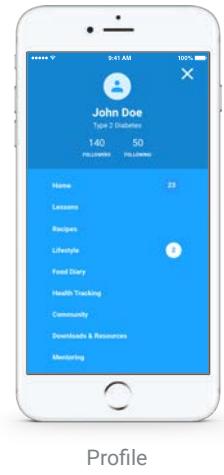
For example, you will be shown recipe videos and meal plan ideas that people who share similar food preferences and interests to you enjoy.



Maintain your low carb lifestyle

PROFILE

Post a status to your profile or even a photo of your latest meal and share with your followers to encourage and inspire others. Real people, real life, real experience.



Profile

SETTINGS

Customise your Low Carb Program experience, including food preferences, allergies, units of measurement, edit your privacy settings and customise your dashboard.

RECIPES

Browse low carb recipes to cook at home. Watch step-by-step recipe guides and get a new meal plan each week.

RESOURCES

Get all the resources you need. Find cookbooks and meal plans along with other tools, books, apps and resources you need to achieve your health goals based on your program preferences and settings.

FREQUENTLY ASKED QUESTIONS

HOW DO I ACCESS THE LOW CARB PROGRAM?

Download the Low Carb Program on your Apple or Android device or access the Low Carb Program anywhere and at any time at LowCarbProgram.com.

CAN I GIVE MY HEALTHCARE PROFESSIONAL ANY INFORMATION?

Yes, there is a Low Carb Program Healthcare Professional Pack available at LowCarbProgram.com/HCP. Please also show the 'Letter to Doctor' from Lesson 1 to your doctor.

HOW DO I GET MEAL PLANS AND RECIPES?

Customised nutrition ideas, recipes and meal plans are provided for download in the Low Carb Program. Make sure you add your favourite foods and track your nutrition to see recommendations.

HOW DO I ASK QUESTIONS DURING A LESSON?

Just tap on the  Community icon and ask your question.

HOW DO I EDIT AN ENTRY I'VE MADE ON THE DASHBOARD?

Left swipe an entry to reveal the  Edit and  Delete icons. Simply tap the pencil to edit your entry, or the delete button to permanently remove it.

HOW DO I USE THE FOOD DIARY?

Add a meal by searching for your food by typing in its name, dictating it by speech or scanning the barcode. Next, select the quantity and press save.

I WANT TO ASK ANOTHER QUESTION

Ask questions to the community. Find support, share your experiences and get answers. Just tap on the community icon.

WHAT AWARDS AND CERTIFICATIONS DOES THE PROGRAM HAVE?

The Low Carb Program won the Positive Social Impact Award at the National Business Awards, Best Platform for Content at the UK Content Awards.

The Low Carb Program has QISMET approval, meaning that it can be offered as structured education by the NHS in England, Wales, Scotland and Northern Ireland.

This pack is provided as information intended for healthcare professionals only.

It has been produced with care, however it should not replace clinical expertise and judgement in your care of individual patients.

