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## Is the hmr diet safe for diabetics

Diet soda and diabetesManaging blood sugar levels is an everyday goal for people with type 1 and type 2 diabetes. While eating sugar doesn't cause either type of diabetes, keeping tabs on carbohydrate and sugar intake is an important part of managing both types of diabetes. Eating healthfully and staying active can also reduce your risk for developing type 2 diabetes.Being overweight or having obesity is linked to the development of type 2 diabetes. In fact, obesity is one of the leading causes of type 2 diabetes.According to the Centers for Disease Control and Prevention (CDC), more than one-third of American adults have obesity. Obesity can put you at risk for diabetes and other health conditions.Eating highly processed foods that are high in sugar, unhealthy fats, and empty calories increases your risk of gaining excess weight.Drinking sugary drinks is also a risk factor for developing type 2 diabetes. If you're working to keep your blood sugar in check or manage your weight, you might choose diet soda.Low in calories and sugar, diet sodas appear to be a good alternative to sugary drinks. Diet sodas are 99 percent water, and when checking the nutrition facts panel, you should see less than 5 to 10 calories and less than 1 gram of carbohydrate per serving. Even though they contain no sugar, diet sodas are usually sweetened with artificial sweeteners. They may contain natural or artificial flavors, coloring agents, acids, preservatives, and caffeine. At one time, there was much debate over the safety of artificial sweeteners. Many feared that these sweeteners caused certain types of cancer. Studies performed in the 1970s suggested that the artificial sweetener saccharin was linked to bladder cancer in male rats.Since that time, however, saccharin has been deemed safe and has been used safely in the food supply for over a hundred years. It's 300 times sweeter than sucrose, or table sugar, so tiny amounts are used to sweeten foods and beverages.The average person ingests less than one ounce of saccharin in a year.The National Cancer Institute and the Food and Drug Administration (FDA) among many other regulatory and professional organizations consider the sweetener safe.Aspartame, another common yet controversial sweetener, gained clearance for use in 1981 as a sugar replacement.The FDA regulates artificial sweeteners as food additives. It reviews and approves artificial sweeteners before they can be sold. Some food additives are generally recognized as safe (GRAS) and have the FDA's approval.Aspartame, saccharin, and sucralose are commonly found in diet sodas, and they're all FDA reviewed and approved.Other commonly used sweeteners approved for use by the FDA include advantame, acesulfame potassium, and neotame. While diet soft drinks are safe, they provide no nutrients. In addition to diet soda, the ADA recommends drinking water, unsweetened iced, or hot tea, and sparkling or infused water, which similarly have no calories and few nutrients.Although they contain carbohydrates, milk and 100 percent fruit juices can be wise choices when you consider the nutrients they provide. Be sure to limit fruit juices due to their high natural sugar content.A 2000 study published in Archives of Pediatrics and Adolescent Medicine investigated the risks of drinking colas in youth.The study found that drinking carbonated beverages was associated with bone fractures in teenage girls. Most of the girls drank regular sugar sweetened soda, while only 20 percent drank the diet version. Although the same wasn't shown for boys, the study did raise concerns about replacing milk with soda during a critical time for bone development. Diet soda consumption for adults only becomes problematic when the quantity consumed is very excessive. This can lead to higher intakes of caffeine if the beverages are caffeinated.Replacing all water and dairy or 100 percent juice with diet soda in the diet can lead to missing essential nutrients. The acceptable daily intake (ADI) is the level of intake considered safe. For an adult weighing 150 pounds, the ADI is 20 twelve ounce soft drinks or 97 packets of no-calorie sweetener such as aspartame.Aspartame is one of the most commonly used artificial sweeteners. Brand names include NutraSweet and Equal. Aspartame is a low-calorie sweetener that's 180 times sweeter than sugar and often used as a sugar substitute.It contains no calories or carbohydrates, so it'll have no effect on blood glucose levels.Aspartame is made of two naturally occurring amino acids, which are the protein building blocks for humans.These two amino acids — aspartic acid and phenylalanine — are found in meats, grains, and milk. Aspartame breaks down into these two amino acids and a small amount of methanol, and it doesn't accumulate in the body.The negative press around aspartame is mostly based upon animal studies.Because rats don't metabolize in the same way as humans and most of these studies use extreme doses of the sweeteners for testing, the results don't reflect on the safety of aspartame for humans using a typical amount daily.Another commonly heard urban myth is that artificial sweeteners make your body crave sugar.In fact, many studies have found that people who replace full-calorie beverages with low-calorie sweetened ones tend to make healthier dietary choices and eat fewer sweets, subsequently losing weight.When it comes to diet soda and diabetes, there are both pros and cons to consider. While water is the top recommendation for hydration, most people prefer drinks with some flavor added in. If you prefer not to reach for a diet soda, there are several great options to choose from instead. Milk is also an acceptable choice, though it's best to limit sweetened milk, like chocolate milk), and keep track of carbohydrates, since cow, rice, and soy milk all contain carbohydrates.Other non-dairy milk alternatives may have fewer carbs, but they lack the nutritional value of cow's milk or soy milk.Unsweetened tea is another option. Whether you prefer hot or cold, you can choose from a large number of different flavors and types of tea. Remember that adding a natural sweetener such as honey does add carbohydrate and can raise blood glucose levels. Finally, when in doubt, try fruit-infused water. You can add fruit (especially berries), cucumbers, lemon, and herbs (like basil and mint) into your water. Sparkling water is also a good option, as long as it's carbohydrate- and calorie-free. Whether it's to lose weight or manage diabetes, becoming proactive about reducing sugar intake is a positive step. Switching to diet soda may help you meet your goal.Drinking a zero-calorie beverage may be a better option than the sugared variety, and there are many acceptable sweetener choices available.Be mindful of your eating habits, physical activity, and beverage choices. This will help you better manage your blood glucose levels. HMR stands for Health Management Resources. A behavioral psychologist named Lawrence Stifler, PhD, developed it over 30 years ago, notes U.S. News & World Report. It is a low-calorie diet, which is defined as 1,200 to 1,400 calories, and combines portion-controlled HMR shakes and entrées with fruits and vegetables. Also incorporated are a light amount of moderate physical activity and support from peers, such as HMR health coaches and medical professionals.HMR Diet PhasesThere are two main phases of the HMR program, says Adam Schafer, RDN, the lead dietitian at OSF HealthCare Saint Anthony Medical Center in Rockford, Illinois. (The medical center offers the HMR program.)Phase 1: Fast Weight Loss This phase lasts at least eight weeks (depending on how much weight you aim to lose). It focuses on eating HMR food replacements (like shakes, nutrition bars, and low-calorie prepackaged meals), plus fruits and vegetables.Phase 2: Maintenance This phase involves slowly getting off meal replacements and back to regular food. During this time, you might eat five meal replacements per week (versus 14 in phase 1). The ultimate goal is to completely get off meal replacements but maintain your weight with the new healthy habits you've adopted from the program. HMR suggests transitioning into an eating pattern in line with the Mediterranean or DASH diets. An intensive weight loss diet, totaling about 825 calories a day, can send type 2 diabetes packing,<sup>1</sup> according to a study published in the Lancet. The diet is extremely limited—just 825 calories a day—and was overseen by primary care health care providers.“About half of everyone [who followed the diet] were free of diabetes one year after starting,” says Roy Taylor, MD, professor of medicine at the University of Newcastle, UK, and senior author of the study. “It didn't surprise me.” Dr. Taylor says of the results, “We've been studying this [concept] for a decade,” he tells EndocrineWeb.Losing weight on a medically supervised, strict liquid diet, can reverse type 2 diabetes.Background on the StudyDr. Taylor's team recruited 306 men and women with a diagnosis of type 2 diabetes from 49 clinics across Scotland and England. The participants had an average body-mass index of 27–45 kg/m<sup>2</sup>, and were not receiving insulin. Patients in 23 of the clinics were assigned to follow the diet while patients in the other 26 clinics received the usual care for those with diabetes. Patients ranged in age from 20 to 65 years; all had been diagnosed within the past six years. At the start, all were overweight or obese.<sup>1</sup>The test group received a total diet replacement consisting of 825–853 kcal/day liquid diet that was provided to participating patients who were followed closely by a designated healthcare professional, usually a nurse<sup>1</sup> Dr. Taylor says. Patients stayed on the 825-calorie liquid diet for three to five months.<sup>1</sup>“It sounds like a very fierce diet,” he tells Endocrine Web, “But after 36 hours or so, the sensation of hunger is no longer troublesome.” Patients following the liquid diet program did not complain about energy levels, either.<sup>1</sup>The men and women assigned to the low-calorie diet group were asked to commit to staying with the program for 12 weeks with an option to extend it another eight. “And most did,” he says. “The average duration on the program was 16 weeks.”Fewer Calories in Liquid Form Prove EffectiveAfter the liquid phase, there was a structured reintroduction of regular food for some meals, then ongoing education and support about how to maintain the lower weight.<sup>1</sup>Diabetes remission, defined as a hemoglobin A1C of less than 6.5%, was achieved in 46% of those who were on the diet (68 patients).<sup>1</sup> Only 6 people (4%), of those in the control care group, had remission.At 12 months, nearly one-fourth of those in the diet group had lost 33 pounds or more.<sup>1</sup> None in the comparison group lost about 2 poundsDuring the study, those in the diet group were able to stop taking diabetes and blood pressure medications, and just had their blood glucose and blood pressure monitored.“This sort of diet is entirely safe,” Dr. Taylor says, provided the patients continued to see their health professional regularly.Diabetes Reversal Most Likely Early OnWhy does this work to reverse diabetes in some?“What happens is the two main abnormalities of type 2 diabetes are both sorted out when weight loss occurs,” Dr. Taylor says. “These two abnormalities are brought about by too much fat inside the liver cells and too much fat inside the insulin-secreting cells in the pancreas.”“One of the jobs of the liver is to hand out fat to the rest of the body,” he says. When it hands out too much, problems arise.The liver changes are dramatic, he says. The effects in the pancreas decrease more gradually. With less fat flooding the pancreas, “the insulin-secreting cells wake up and go back to being able to respond rapidly to produce insulin,” Dr. Taylor says. “It's all due to the weight loss.”While the study participants had all been diagnosed with type 2 diabetes within the past six years, Dr. Taylor says that those diagnosed within the past four years who go on this type of extreme diet have a very good chance of reversing diabetes.The program has caught on in the U.K. and elsewhere, he says, and he suggests anyone wanting to try it talk to their doctor—and they don't need a specialist, he says, just someone who can monitor blood glucose levels and blood pressure.What Do Experts in the US Say About the Approach“The study findings make sense and reflect the value of treating obesity aggressively in patients with type 2 diabetes, especially early on, and is now the typical, accepted approach,” says J. Michael Gonzalez-Campoy, MD, PhD, FACE, medical director and CEO of the Minnesota Center for Obesity, Metabolism and Endocrinology in Eagan.The program can be done, he says, even if you don't have access to a specialist such as an endocrinologist; and that is good news, he says. The vast majority of patients with overweight or obesity, and diabetes, do not have access to specialty care,” he tells Endocrine Web, “yet they see their primary care doctor. The study is proof that the primary care doctor can manage this program,” he says.The study findings echo results seen in prior research, and in many clinics around the country, according to Scott Isaacs, MD, FACP, FACE, medical director of Atlanta Endocrine Associates, in Atlanta, Georgia.“Remission was closely related to the degree of weight loss at 12 months,” Dr. Isaacs says. Dr. Isaacs has seen these results in his own clinic, as he has been providing a similar program for nearly 20 years.“I have seen temporary diabetes remission rates similar to this study,” he says. However, he has an important caveat, noting that “the vast majority of patients regain all the weight when they discontinue the meal replacement diet,” Dr. Isaacs tells EndocrineWeb, and the diabetes returns quickly.Keeping the weight off is crucial. Dr. Taylor agrees. In this study, when the practitioner provided education about nutrition and components of a healthy diet, patients were reminded that they would be eating about two-thirds of what they used to consume if they wanted to maintain the lost weight.“None of the doctors have any relevant disclosures with regard to this study. The liquid diet formula was donated by a company, which had no role in the study, according to Dr. Taylor, and funding was provided by Diabetes UK. Notes: This article was originally published December 14, 2017 and most recently updated October 2, 2019.

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