

Draft report Lower carbohydrate diets for adults with type 2 diabetes: Scientific consultation

Consultation period: from 5 March to 30 April 2020

The Scientific Advisory Committee on Nutrition (SACN) consultation on its draft report, *Lower carbohydrate diets for adults with type 2 diabetes*, is open for scientific comment.

You are invited to submit comments relating to the scientific content of the draft report. You are also invited to draw the Committee's attention to any evidence that it may have missed.

Review inclusion criteria

Please ensure that any evidence you bring to SACN's attention meets the [SACN Framework for Evaluation of Evidence](#). The key inclusion criteria for the draft report were:

- systematic reviews, meta-analyses and pooled analyses of randomised controlled trials (RCTs) and prospective cohort studies (PCS) comparing the impact of lower and higher carbohydrate diets on markers and clinical outcomes of type 2 diabetes (T2D)
- only studies that recruited participants with pre-diagnosed T2D.

Contributions and comments are welcome on any key studies published after September 2018. Post consultation, any eligible studies published after September 2018 will be considered. These will only be included in the final report if they change existing conclusions or add to existing work.

For full details of the remit of the work, see chapter 1 of the draft report. For full details of the review inclusion criteria see chapter 5 of the draft report.

Submission of scientific comment and evidence

Any scientific comments or evidence for consideration by SACN should be emailed to the SACN secretariat at sacndiabetes@phe.gov.uk by 9:30am on **30 April 2020**.

- submit responses using the attached response form (please do not PDF the form)
- please do not amend the formatting of the form
- please do not embed attachments into the response form
- please list any references in full that you wish the committee to consider (and that meet the inclusion criteria).

All responses will be published following the conclusion of the consultation.

Background

The purpose of the draft report is to review the evidence on lower carbohydrate diets compared to current UK government advice for adults with type 2 diabetes (T2D). It was initiated in 2017 in response to a request from Public Health England to clarify the evidence base on lower carbohydrate diets for adults with T2D in recognition that such diets are gaining attention and increasingly being promoted. Since the Committee does not usually make recommendations relating to clinical conditions, a joint working group (WG) was established to consider this issue. The WG comprised members of SACN and members nominated by Diabetes UK, the British Dietetic Association, Royal College of Physicians and Royal College of General Practitioners. Representatives from NHS England and NHS Health Improvement, the National Institute for Health and Care Excellence (NICE) and devolved health departments were also invited to observe the WG.

The markers and clinical outcomes of T2D considered were: body weight, glycated haemoglobin (HbA1c), fasting plasma glucose, serum total cholesterol, serum triacylglycerol, serum low density lipoprotein (LDL) cholesterol, serum high density lipoprotein (HDL) cholesterol, serum total cholesterol:HDL cholesterol ratio and changes in medication and diabetes-related symptoms.