Diabetes currently affects approximately 536 million people worldwide, which is projected to rise to 783 million people by 2045. That is 12.2% of the world’s population (1).

Type 2 diabetes (T2D) accounts for up to 90% of all diabetes cases worldwide (1).

An unfavourable dietary composition and increased visceral adipose tissue are among the key risk factors for T2D, yet T2D is reversible with lifestyle modification (1).

T2D itself increases the risk of atherosclerosis, neuropathy, and diabetic foot syndrome, as well as nephropathy and retinopathy, a leading cause of visual impairment blindness (1).

Insulin resistance (IR) may occur decades before T2D becomes diagnostically apparent, so early preventive dietary strategies are of paramount importance.

**Pathomechanisms Influenced by Diet**

### Adipose Tissue Dysfunction

**Over nutrition**

Diets high in fat, simple sugars, and processed foods are calorically dense and facilitate energy surplus and adipose tissue (AT) dysfunction resulting in:

- down-regulated secretion of insulin-sensitizing adiponectin (2).
- chronic tissue inflammation due to macrophage infiltration (3).
- release of pro-inflammatory cytokines causing impaired insulin signalling and lipolysis (2-4).
- up-regulated lipolysis leading to release of free fatty acids (FFAs) (3).

### Lipotoxicity

**Dietary Fat**

Dietary saturated fat contributes to an oversupply of saturated FFAs (5).

- saturated FFAs cause IR through mitochondrial dysfunction, increased oxidative stress, and pro-inflammatory signalling (6).

Conversely, monounsaturated and omega-3 polyunsaturated fatty acids increase insulin sensitivity (5, 7).

**Ectopic Fat**

FFAs from adipocytes and dietary saturated fat are redirected to and accumulated at within and around organs as ectopic fat (EF) (3).

EF causes lipotoxicity, (5) which contributes to organ dysfunction and IR, resulting in impaired insulin secretion and increased insulin needs (2, 3).

**Liver**

- upregulated gluconeogenesis and glycogenolysis (2).

**Skeletal muscle**

- build-up of intramyocellular lipids, which interferes with GLUT4 translocation (3).
- decreased uptake of blood glucose and glycogen synthesis (2, 3).

**Pancreas**

- increased oxidative stress and lipoapoptosis of β-cells (2, 5).
Maximize the intake of high-quality plant foods such as vegetables, whole grains, legumes, fruits, nuts, seeds, herbs, and spices; your health will benefit from every step towards more whole plant foods.

Eliminate or limit all processed foods, refined carbohydrates, and sugar-sweetened foods and drinks.

Eliminate red and processed meat products such as burgers, sausages, bacon, ham, salami, dried meat, canned meat, and pastrami (15).

Eliminate or limit other animal products such as poultry, fish, eggs, cheese, and dairy.

Make sure to cover potentially critical nutrients with a wide variety of plant foods, enriched foods/drinks, or supplements (especially vitamin B12 and vitamin D).
Disease Specific Recommendations

Eliminate chronic excessive calorie intake. This is best achieved by choosing plant foods with low-calorie density such as green vegetables, starchy root vegetables, legumes, and fruit with lower sugar content such as berries and citrus fruits.

Aim for optimal body weight, which is best achieved by consuming predominately whole plant foods. Losing weight helps keep blood sugar levels under control.

When eating carbohydrates, choose low glycaemic food options such as fruits, vegetables, legumes, minimally processed whole grains, and nuts. These will help control blood sugar levels and also promote weight loss.

Limit saturated fats, from both animal and plant sources as much as possible, (16, 17) and replace them with monounsaturated and omega-3 polyunsaturated fats from nuts and seeds or high-quality carbohydrates such as whole grains, as this has been shown to ameliorate IR (16).

Make it a habit to eat beans, chickpeas, lentils, and split peas, as pulses help keep blood sugar levels stable (18).

Regularly include inulin-rich foods such as chicory root and Jerusalem artichoke. Inulin is an indigestible kind of fibre, which may help maintain steady blood sugar levels, (19) ameliorate IR and reduce LDL cholesterol (20).

Regularly season your food with the spice turmeric (1/4–2 tsp per day), as one of its active compounds curcumin has been shown to improve glycaemic control (21). Consult your physician if pregnant or lactating (22).

References