

Table 2: Average Changes in Fasting Glucose, HbA1c, Body Weight, and Medication

Study	Diabetes Duration (years)	Diet Duration (weeks)	Fasting Blood Glucose (mmol/L)		HbA1c (mmol/mol)		Weight (kg)		Change in diabetes treatment
			Baseline	After Diet	Baseline	After Diet	Baseline	After Diet	
Jonker <i>et al</i> , 2014 (6)	9.4	16	11.9	7.8	68	53	BMI 35.3	BMI 27.5	All diabetes medication & insulin stopped
Snel <i>et al</i> , 2012 (8)	n.r.	16	12.1	7.7	62	50	113	89	all diabetes medication & insulin was stopped
Snel <i>et al</i> , 2012 (+exercise) (8)	n.r.	16	10.9	6.6	62	45	114	86	all diabetes medication & insulin was stopped
Hammer <i>et al</i> , 2008 (14)	n.r.	16	11.4	6.7	63	50	BMI 35.6	BMI 27.5	all diabetes medication & insulin was stopped
Capstick <i>et al</i> , 1997 (20)	10	12	n.r.	n.r.	70	54	109	95	reduced diabetes medication & insulin
Steven & Taylor, 2015 (2)	<4	8	9.6	5.8	55	44	99	85	n.r
	>8		13.4	8.4	70	64	97	83	n.r
Lim <i>et al</i> , 2011 (11)	<4	8	9.2	5.1	57	42	104	88	all diabetes medication was stopped
Laferrère <i>et al</i> , 2008 (15)	2	8*	7.8	6.3	50	n.r.	111	101	reduced diabetes medication
Plum <i>et al</i> , 2011 (12)	8	4.4*	10.8	8.2	62	n.r.	122	111	reduced diabetes medication
Jazet <i>et al</i> . 2007 (16)	7.5	4.3	11.9	10	64	56	112	100	diabetes medication was stopped
Miyashita <i>et al</i> , 2004 (lower carbohydrate) (19)	n.r.	4	11.5	5.8	88	n.r.	73	64	not taking medication

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			Baseline	After Diet	Baseline	After Diet	Baseline	After Diet	
Miyashita <i>et al</i> , 2004 (higher carbohydrate) (19)	n.r.	4	11.1	5.7	84	n.r.	71	64	not taking medication
Jackness <i>et al</i> . 2013 (4)	5.7	3†	9.3	6.1	n.r.	n.r.	114	95	n.r.
Urbanová <i>et al</i> , 2014 (3)	n.r.	2	9.0	6.7	n.r.	n.r.	BMI 52.9	BMI 49.4	insulin and/or sulphonylurea doses were reduced.
Mraz <i>et al</i> , 2011 (10)	n.r.	2	8.5	6.3	n.r.	n.r.	BMI 51.5	BMI 48.7	n.r.
Dostalová <i>et al</i> , 2009 (13)	n.r.	2	9.9	7.3	n.r.	n.r.	BMI 50.9	BMI 48.7	n.r.
Malandrucco <i>et al</i> , 2012 (9)	5.2	1	7.7	6.9	n.r.	n.r.	114	111	all diabetes & blood pressure medication stopped
Lingvay <i>et al</i> , 2013 (5)	7.4	9 days	8.3	7.3	69	63	143	134	all diabetes medication stopped & insulin reduced
Skrha <i>et al</i> , 2005 (18)	12.0	1	14.0	9.3	n.r.	n.r.	BMI 36.2	BMI 34.6	metformin was stopped & insulin reduced
Jonker <i>et al</i> , 2013 (7)	n.r.	3 days	8.3	7.3	n.r.	n.r.	BMI 28.9	BMI 28.0	n.r.

* These studies compared bariatric surgery to very low calorie diets, and they did this by matching the weight reduction of surgery patients with that of the diet only patients, so the diet duration is just the average time it took volunteers to experience the required weight reduction with some needing more time than others less.

† This study had allowed volunteers to choose how long they stayed on the very low calorie diet. Three weeks was the average duration, but the range was 14–24 days.

Abbreviations: BMI – body mass index, which is weight divided by height; Kg – kilogram (1 kg = 2.2 lbs); m – meters (1 m = 3 feet 3 3/8 inches); n.r. – not reported, meaning the this information was not available in the published article.

It's important to keep in mind that these are average changes, so some people will have experienced smaller changes and some larger ones. Some of the fasting blood glucose values are higher because medications were sometimes stopped before the baseline (before diet) measurements were done. Also, look at the duration of the studies, some of these studies were not done to try to reverse type diabetes, but for other reasons and so only gave people a very low calorie diet for a few days. Lastly, some results may not seem as impressive until you look at the reduction or removal of insulin therapy and/or other treatment.