

Table 4: Average Changes in Blood Lipids

Study	Diabetes Duration (years)	Diet Duration (weeks)	HDL (mmol/L)		LDL (mmol/L)		Triglycerides (mmol/L)		Change in diabetes treatment
			Baseline	After Diet	Baseline	After Diet	Baseline	After Diet	
Steven & Taylor, 2015 (4)	2.3	8	1.1	1.1	3.5*	2.5*	2.2	1.0	n.r.
	12.7		1.4	1.3	3.4*	2.4*	1.5	1.0	
Urbanová <i>et al</i> , 2014 (13)	n.r.	2	1.0	0.9	2.6	2.2	1.9	1.7	insulin and/or sulphonyl-urea doses were reduced.
Jackness <i>et al</i> , 2013 (14)	5.7	3†	1.1	0.9	2.8	2.6	1.6	1.1	n.r
Snel <i>et al</i> , 2012 (12)	n.r.	16	1.1	1.2	4.4	3.7	2.3	1.5	All diabetes medication & insulin stopped
Snel <i>et al</i> , 2012 (+ exercise) (12)	n.r.	16	1.1	1.2	3.6	3.0	2.5	1.2	
Malandrucco <i>et al</i> , 2012 (16)	5.2	1	n.r.	n.r.	n.r.	n.r.	2.5	1.8	All diabetes & blood pressure medication stopped
Lim <i>et al</i> , 2011 (17)	<4	8	1.1	1.1	1.7	1.3	2.4	1.3	All diabetes medication was stopped
Mraz <i>et al</i> , 2011 (18)	n.r.	2	n.r.	n.r.	n.r.	n.r.	1.9	1.8	n.r.
Dostálová <i>et al</i> , 2009 (19)	n.r.	2	n.r.	n.r.	n.r.	n.r.	2.2	1.4	n.r.
Hammer <i>et al</i> , 2008 (11)	n.r.	16	n.r.	n.r.	n.r.	n.r.	2.1	1.1	All diabetes medication & insulin was stopped
Jazet <i>et al</i> , 2007 (6)	7.5	4.3	1.1	1.0	n.r.	n.r.	3.5	1.8	All diabetes medication was stopped
Skrha <i>et al</i> , 2005 (20)	12	1	1.5	1.2	3.4	3.2	2.5	1.6	Metformin was stopped & insulin reduced

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Capstick <i>et al</i> , 1997 (8)	10	12	1.0	1.1	n.r.	n.r.	3.3	1.4	Reduced diabetes medication & insulin
Wing <i>et al</i> , 1994 (9)	n.r.	12+12‡	1.1	1.2	3.3	3.2	2.2	1.5	All diabetes medication was stopped

* Rather than doing the more common estimate of LDL, this study just report non-HDL cholesterol, meaning total cholesterol minus HDL.

† 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.

‡ This study used 2 very low calorie periods separated by a low calorie period, and measures were reported from the start and six months into the study.

Abbreviations: 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.