

Have you or a family member been diagnosed with Type 2 diabetes in the last 6 years?

Patients need to be:

- ✓ Aged 18-65
- ✓ Above a healthy weight
- ✓ Able to commit to a 12 month programme
- ✓ Willing to attend group sessions - virtually (Zoom) or in-person
- ✓ Comfortable with just / mainly soups & shakes for the first 12 weeks

If you/they meet these and some other specific criteria the Newcastle Low Calorie Diet Programme may be suitable.

Some NHS Low Calorie Diet patients have achieved remission from Type 2 diabetes (no longer have diabetes) and reduced or completely come off their diabetes medications. Participants have also lost significant amounts of weight and feel fitter, healthier and happier. **Speak to your GP or Practice Nurse about a referral.**



For more details and patient stories: momentanewcastle.com/patient-lcd-newcastle



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