

CHECKLIST

Are you ready to start your type 2 diabetes remission journey today?

Feeling Ready?

What do you need to do next?
Use this list to help get your plan in place.

- Confirm why I am interested in pursuing type 2 diabetes remission.
- List the benefits I hope to get for my efforts
- Have a conversation with my health care provider
- Ask for support with medication management and monitoring
- Tell my friends and family what I want to do
- Decide which therapeutic nutrition approach I'm going to take
- Find resources and/or health professionals to support me in taking that approach
- Make a relapse plan and let others know what it is.
- Acknowledge that the chances of achieving type two diabetes remission are different for every person
- Celebrate my decision to act
- Set a date to start

Not Ready Yet?

What is standing in your way?
Use this list to start a conversation

- I lack confidence to try something new when it comes to food and eating
- I don't trust that a food-based approach will work for me
- I don't know how to talk to my healthcare provider about it
- I worry that my doctor won't agree with this approach
- I wonder if this is just another fad diet or whether I can afford to do this
- I worry that my family and friends won't be supportive
- I don't know how to find the resources or support I need
- I haven't been successful with diets or weight loss in the past

Discuss this list of barriers with a healthcare provider who is familiar with food-based treatment of type two diabetes. This may be a family doctor, specialist, community pharmacist, dietitian, or diabetes educator. You can also use this list to continue your information seeking about type two diabetes remission.