

New expert consensus statement published on achieving remission of type 2 diabetes using diet as a primary intervention

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The American College of Lifestyle Medicine has released an expert consensus statement to assist clinicians in achieving remission of type 2

diabetes in adults using diet as a primary intervention. The expert consensus statement is endorsed by the American Association of Clinical Endocrinology (AACE), supported by the Academy of Nutrition and Dietetics (AND) and cosponsored by the Endocrine Society.

This unique publication in the *American Journal of Lifestyle Medicine* is the first to focus on [diet](#) as primary means of achieving lasting remission of diabetes—without medications or procedures—in contrast with the usual role of diet as an adjunctive therapy. Knowing that diet alone can achieve remission is an empowering message for many adults with type 2 diabetes, especially when supported by [consensus](#) among internists, cardiologists, [family physicians](#), endocrinologists, nutritionists, dieticians and [lifestyle](#) medicine specialists.

Titled "Dietary Interventions to Treat Type 2 Diabetes in Adults with a Goal of Remission," the expert consensus statement was written by a multidisciplinary panel of 15 [experts](#) using a trustworthy, modified Delphi process. The panel agreed that diet as a primary [intervention](#) can achieve remission in many adults with type 2 diabetes, defined as normal glycemic measures (normal HbA1c

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