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27 April 2022

Dear Patient,

**The NHS Low Calorie Diet Programme**

We are writing to you because you have been identified as someone that could benefit from accessing the NHS Low Calorie Diet Programme.

The programme helps people with type 2 diabetes using a total diet replacement approach. The aim is to help you lose over 10kg in weight. This will improve your blood sugar levels, reducing the need for diabetes-related medication and even put your type 2 diabetes into remission.

**How it works**

You will be offered total diet replacement products including soups and shakes consisting of up to 900 calories a day for up to 12 weeks. During this time, you will be expected to replace all normal meals with these products.

After this, you'll get help to re-introduce healthy food and support to keep your weight down. Altogether, the programme lasts 12 months. This will be delivered using a digital service model, which would include phone calls with a diabetes practitioner and an app for online learning.

This support will provide you with the help and advice you need throughout every phase of the programme. In our area, the service is provided by Xyla Health & Wellbeing.

**The whole programme, including the products, is funded by the NHS and completely free-of-charge to you.**

**Find out more**

For more information about the programme, please visit:

<https://xylahealthandwellbeing.com/our-services/diabetes-remission/nhs-low-calorie-diet/>

If you are interested in taking part in the programme, please contact us at the practice so we can discuss whether the programme is suitable for you and get you started.

Your sincerely,

Administrative Team  
Park Grange Medical Centre