Recruitment of patients (age 18-75, diagnosed DM type 2) from the outpatient diabetes clinic of the Erasmus Medical Centre Rotterdam.

Assessment of eligibility based on inclusion- (BMI ≥ 27 kg/m²) and exclusion criteria

Written informed consent

Baseline measurements

Very Low Calorie Diet for 8 weeks

Randomization stratified to % weight loss in 8 weeks VLCD:
1: 5-7.5%
2: 7.5-10%
3: >10%

Control group: Diet for 12 weeks Usual care

Intervention group: Diet for 12 weeks Usual care plus CPI

Follow-up 1: 4 months after start diet (directly after finishing diet)

Follow-up 2: 12 months after randomization

Follow-up 3: 18 months after randomization

Follow-up 4: 24 months after randomization

Loss to follow-up

Loss to follow-up

Loss to follow-up

Loss to follow-up