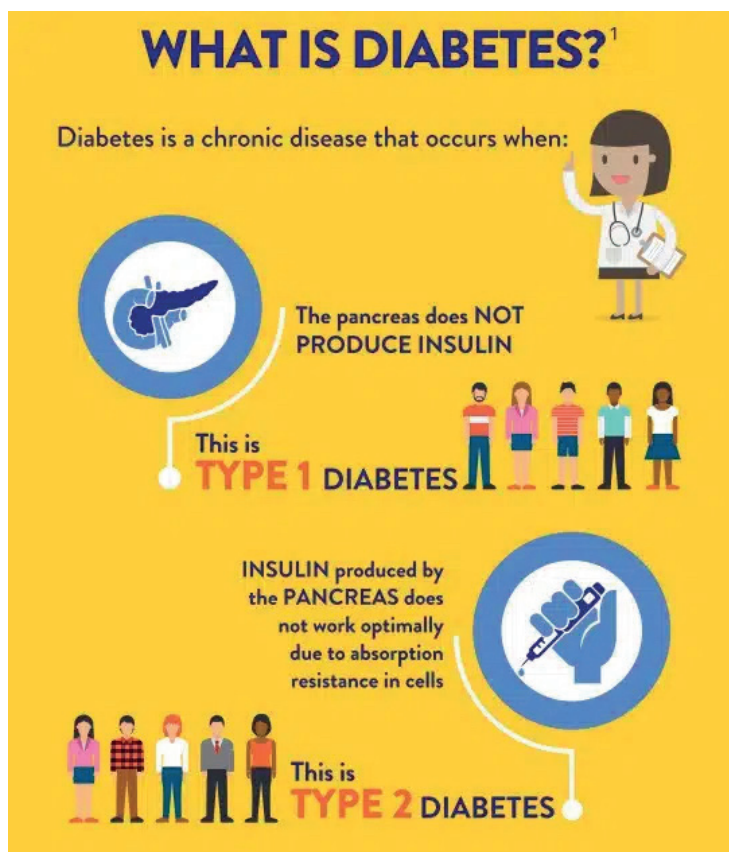


TYPE 2 DIABETIC NUTRITION



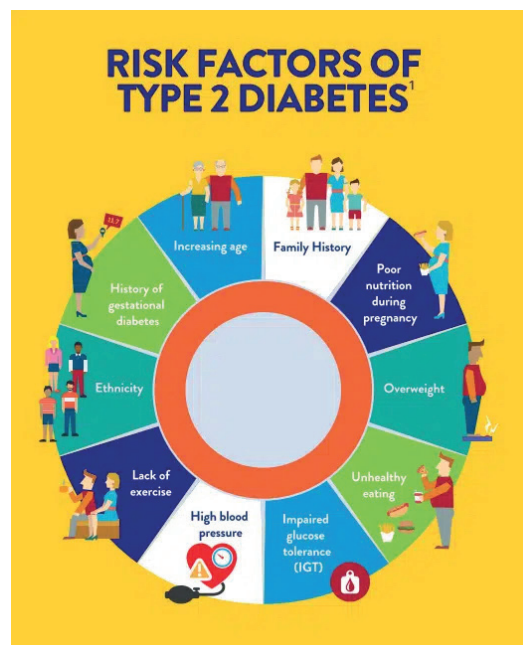
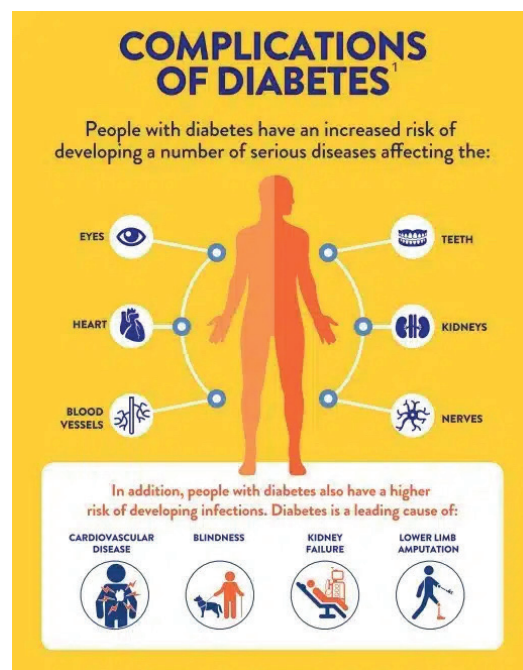
The role of Nutrition and Meal Replacements in managing Diabetes



In diabetes, blood sugar levels fluctuate up and down. These levels can be hard to manage, and when they aren't controlled, they can lead to long-term problems with heart health and other complications.²

PEOPLE LIVING WITH TYPE 1 DIABETES HAVE THE FOLLOWING SYMPTOMS

- Feeling more thirsty than usual
- Increased urination
- Having blurry vision
- Losing weight without intention
- Bed-wetting in children who have never wet the bed during the night



In today's hectic world, trying to eat well can be overwhelming, especially for people who need to manage their blood sugar levels and weight. Poor food choices and skipping meals can inhibit these efforts.^{3,4,6,7}

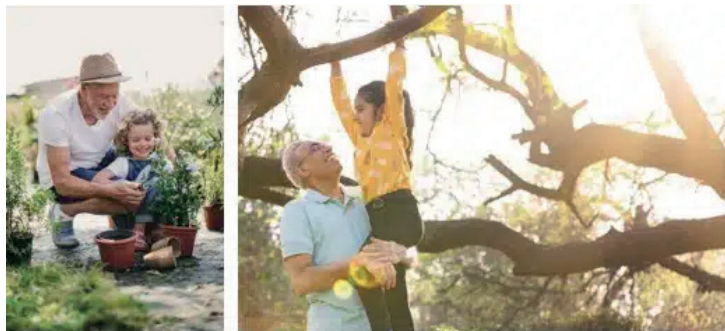
Meal replacements can be helpful options for many individuals. The use of meal replacements is suggested by the American Diabetes Association and the Academy of Nutrition and Dietetics as a successful weight loss and weight management strategy.⁷⁻⁹

COMPLICATIONS OF POOR BLOOD SUGAR CONTROL

Healthy nutritional habits are at the cornerstone of diabetes management, along with exercise and medication.

Poor control of your blood sugar can increase the risk of diabetes complication by as much as 3.5 times.

These complications include strokes, heart and kidney complication and more. Glucerna® can provide supplemental nutrition for people living with diabetes.^{3,4,11}



NUTRITIONAL SUPPLEMENT DRINK

Glucerna® Vanilla Flavoured Nutritional Supplement 400 g is a drink formulated especially for the nutritional needs of people living with diabetes or with impaired glucose tolerance. Its enhanced slow-release carbohydrate system helps manage glucose response, and its fat blend, that includes MUFA and omega-3 fatty acids, support heart health. When used as part of a diabetes management plan*, it can support weight management, and is fortified with chromium picolinate, a highly bioavailable form of chromium which supports carbohydrate metabolism.

Glucerna® is backed by 30 years of scientific evidence from more than 50 clinical studies with over 4,000 individuals. *Formulated for people with prediabetes and diabetes, as part of a diabetes management plan including diet and exercise.

Get better control of your diabetes, with a nutritional supplement which is shown to reduce blood glucose variability by incorporating omega-3 fatty acids, a unique fat blend and slowly digested carbohydrates.^{4,12,14}

Carbohydrates are an important source of energy for our bodies, especially our brains. Glucerna® contains a slow-release, low-GI index to help you minimize your blood glucose spikes.^{3,4,14,15}

The glycemic index measures how foods with carbohydrates raise blood glucose.¹³ Low-glycemic carbohydrates produce lower blood glucose responses than high glycemic carbohydrates. Glucerna® is formulated to help minimize blood sugar spikes and contains a unique blend of carbohydrates that include modified maltodextrin (the body is not able to digest it), fructose (a low-glycemic carbohydrate), maltitol, soy fiber, and fructooligosaccharides (a prebiotic fiber).^{2-4,14,15}

Ingredients will vary per product and flavour. Check individual product labeling for specific ingredient information. Glucerna® has a low glycaemic index (GI); the powder (mixed with water) has a GI of 41.

DID YOU KNOW?

GLUCERNA® CAN PROVIDE SIMILAR FULLNESS TO A HEALTHFUL BREAKFAST FOOD SUCH AS OATMEAL, AND, WHEN USED AS A SNACK REPLACEMENT, CAN CONTROL HUNGER FOR UP TO 4 HOURS!^{3,16}

KEY INGREDIENTS

Of the three macronutrient types – carbohydrates, fat and protein – carbohydrates have the most marked effect on postprandial blood glucose response.¹⁴

CARBOHYDRATE	BENEFIT
Fibersol®	Slowly Digested maltodextrin – which contributes to a reduced glycemic response after ingestion (glucose is absorbed slowly into the blood). ¹⁵
Sucromalt	Slowly and fully-digestible Low-Glycemic response carbohydrate with a sweetness of sugar. It contributes to a lower blood glucose response than sugar. ^{3,16}
Glycerine	Low GI response and fully metabolised sugar alcohol to minimise the risk of gastrointestinal side-effects. ^{17,18}
FOS	Indigestible but highly fermentable low GI carbohydrate naturally found in many foods. ^{19,20}



- Slowly-digested carbohydrates
- With 2 types of fibre: Dietary fibre + FOS
- Source of mono-unsaturated fatty acids

- Helps manage blood sugar⁴
- Complementary action with medication⁶
- When used as a snack replacement, can help control hunger for up to 4 hours¹⁶

Recommend at least 1 Glass per day

Please note: this is an education information leaflet only and should not be used for diagnosis. For more information on **Type 2 Diabetic Nutrition**, consult your healthcare professional.

References: 1. International Diabetes Federation. What is diabetes. Available at: <https://idf.org/aboutdiabetes/what-is-diabetes.html> Date Accessed: March 2023. 2. Glucerna® Product Label. 3. Devitt AA, et al. Adv Biosci Biotechnol 2013;4:1-10. 4. Alish CJ, et al. Diabetes Technol Ther 2010;12(6):419-425. 5. Mayo Clinic. Type 1 diabetes – symptoms and causes. Available at: <https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc20353011?p=1> Date Accessed: March 2023. 6. Tatti P, et al. Mediterr J Nutr Metab 2010;3:133-136. 7. Evert AB, et al. Diabetes Care 2014;37(Supplement 1):S120–S143. 8. Mottalib A, et al. Nutrients 2016;8:443. 9. Sun J, et al. Asia Pac J Clin Nutr 2008;17(3):514-524. 10. Dr Jane E.B. Reusch, MD, President of ADA, 2018 ADA Welcome Address. Available at: <https://www.adadaily.org/ada-presidentmedicine-science-asks-members-to-tell-the-diabetesstory> Date Accessed: February 2023. 11. Stratton IM, et al. BMJ 2000;321(7258):405-412. 12. West SG, et al. Diabetologia 2005;48:113-122. 13. Broadhurst CL, et al. Diabetes Technol Ther 2006;8(6):677-687. 14. Dávila LA, et al. Nutrients 2019;11:1477. 15. Foster-Powell K, et al. Am J Clin Nutr 2002;76:5-56. 16. Devitt AA, et al. J Diabetes Res Clin Metab 2012;1-20.

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