



**RECHARGE WITH  
NUTREN® DIABETES.**



Satisfy. Recharge. Balance.

**If you are living with diabetes,  
you know how tough it can be  
to stay energised – you seem to  
have loads of energy one minute,  
and hardly any the next.  
If only you could smooth out  
the ups and downs of your  
blood sugar levels.**

The reason many people with diabetes may have swings in energy levels is that they have swings in their blood sugar levels. Blood sugar provides the vital fuel or energy for your body's cells, and its levels vary in response to the food you eat.

If you have diabetes, your body is not able to use carbohydrates as efficiently as other people can. This is why your blood sugar levels tend to go up and down and, apart from affecting energy, it can also have unwanted effects on your health.

That is why it is important to smooth out your blood sugar levels as much as possible.



# NUTREN® Diabetes – Learn to live well with diabetes

- Low Glycaemic Index (GI) of 22
- Contains fibre to help improve blood glucose control
- Enriched with 30 vitamins and minerals
- Lactose-free and gluten-free
- Meets the International Diabetic Guidelines Recommendations.

## **Strength-giving formula for:**

- Type 1 or type 2 diabetes mellitus
- Pregnancy (Gestational) diabetes.



# NUTREN® Diabetes can help you recharge

While managing blood sugar levels can seem a bit daunting, NUTREN® Diabetes can help make it a lot easier. NUTREN® Diabetes can be used as meal replacement, or meal supplement to help maintain healthy blood sugar levels, and help you achieve a healthy weight. Ask your dietician how you can incorporate NUTREN® Diabetes into a healthy, balanced diet.

If you'd like to know more about NUTREN® Diabetes,\* please talk to your dietician.

*\*Available at all major pharmacies*



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# NUTREN® Diabetes can help you manage your blood sugar levels

NUTREN® Diabetes is a nutritionally-balanced drink specially designed to help people with diabetes manage their blood sugar levels. It's easy to prepare and can supplement or replace breakfast or be used as a snack between meals instead of less healthy alternatives.



## Nutritionally complete



Low Glycaemic Index (GI)



Monounsaturated fatty acids;  
low cholesterol



Soluble and insoluble fibres



Nutritionally-balanced



No added sugar;  
complex carbohydrates

Best of all, it's vanilla flavoured and tastes great!



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## Other handy hints for people with diabetes

Watching your diet and doing exercise are great ways to manage your blood sugar levels. There are some foods in particular that have been shown to have a positive effect.

These include:

- ⊕ Dietary fibre — both soluble and insoluble fibre in foods such as grains, beans, lentils and other vegetables
- ⊕ Monounsaturated and polyunsaturated fats — these tend to be found in plant oils rather than animal fats
- ⊕ Foods with a low Glycaemic Index (GI)
- ⊕ GI ranks foods according to their effect on blood sugar



If you are overweight, losing weight is a good first step towards improving your blood sugar levels and improving your overall health. Eating the foods listed above and doing exercise will help you on the way to losing weight.

# NUTREN® Diabetes Recipes

## Orange Shake



### Ingredients:

- 1 cup orange juice
- 1 cup crushed ice
- 6 scoops NUTREN® Diabetes

### Method:

1. Put everything in a blender jar. Whip until fully combined.
2. Transfer into a tall glass to serve. Serves 1.

## Juicy Mango Lassi



### Ingredients:

- 1/2 cup of low fat mango yogurt (chilled)
- 7 scoops NUTREN® Diabetes
- 1 medium sized ripe sweet mango (pureed or mashed)
- Some crushed ice cubes

### Method:

1. Blend 7 scoops of NUTREN® Diabetes into 210 ml of warm water until dissolved.
2. Add mango and yogurt.
3. Add crushed ice.
4. Serve immediately. Serves 2.

Recipe: Courtesy of Dietetics and Food Services, Institut Jantung Negara, Kuala Lumpur



**R10 OFF**

TO THE DEALER: Please allow the bearer R10.00 (VAT inclusive) reduction on the price of one Nestlé NUTREN Diabetes tin. Only one coupon per Nestlé NUTREN Diabetes tin. Coupons may be sent for redemption to: Coupon Clearing Bureau, PO Box 32003, Braamfontein, 2017. Coupons may not be exchanged for cash. Only a valid original coupon will be accepted. Misuse of the coupon constitutes fraud. This coupon is valid until 31 December 2012.

**Expires: 31 December 2012**