

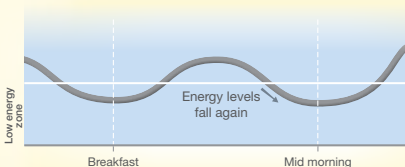


THE
Recharge
SNACK PACK



Dear Reader

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. Your energy levels often change because your blood sugar levels are going up and down.



Healthy snacks are a great way to smooth out your blood sugar levels and give yourself an energy boost. This booklet is packed full of recipes to help you do just that. They have been specially developed as part of a diabetic meal plan, so you can enjoy any of these recipes in moderation.

These tasty snacks and meals are easily prepared using everyday ingredients and NUTREN® Diabetes, a nutritionally-balanced drink specially designed to help people with diabetes manage their blood sugar levels.

*From soups to smoothies and beyond,
recharging has never tasted so great!*

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 – ask your dietician how NUTREN® Diabetes can be used as a snack or meal replacement.



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!



Serves 2

NUTREN® Juicy Mango Lassi

Ingredients:

- 1/2 cup of low fat plain yoghurt (chilled)
- 6 scoops NUTREN® Diabetes
- 1 small sized ripe sweet mango (pureed or mashed)
- Some crushed ice cubes

Method:

1. Blend 6 scoops of NUTREN® Diabetes into 210 ml of warm water until dissolved.
2. Add mango and yogurt.
3. Add crushed ice.
4. Serve immediately.

**Good to know:**

NUTREN® Diabetes has a unique blend of fibre made up of 70% soluble and 30% insoluble fibre

Good to remember:

Replace mango with any of your favourite fruits, e.g. pineapple, orange or apple

**Let's talk
Nutrition**

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 950 kJ |
| Carbohydrates | 33 g |
| Protein | 10 g |
| Fat | 6 g |

NUTREN®

Banana Smoothie

Ingredients:

- 7 scoops NUTREN® Diabetes,
whisked or blended with
210 ml of warm water
- 1 medium ripe banana
- 1 cup crushed ice
- A pinch of cardamom powder

Method:

1. Pour the NUTREN® Diabetes mixture into a blender.
2. Add the banana and crushed ice and blend until well mixed.
3. Pour into a glass and top with a pinch of cardamom powder.
4. Serve immediately.

Good to know:

This recipe provides you a good source of dietary fibre, vitamins and minerals to meet your daily requirement

Good to remember:

Try replacing the banana with other tropical fruits, e.g. pineapple or starfruit

Let's talk Nutrition

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 650 kJ |
| Carbohydrates | 20 g |
| Protein | 5 g |
| Fat | 5 g |



Serves 2

NUTREN® Melon Shake

Ingredients:

1 cup cubed melon

 $\frac{1}{4}$ cup purified water

6 scoops NUTREN® Diabetes

1 cup crushed ice

Method:

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

Good to know:

This NUTREN® Melon shake is rich in Vitamin A, calcium, phosphorous and fibre which is good for your eye sight and the digestive system

**Let's talk
Nutrition**

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 650 kJ |
| Carbohydrates | 19 g |
| Protein | 5 g |
| Fat | 5 g |



NUTREN® Orange Shake

Ingredients:

1 cup pure unsweetened
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.

Good to know:

This NUTREN®
Orange shake is high
in Vitamin C and fibre
which is good for the
digestive system

Let's talk Nutrition

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 750 kJ |
| Carbohydrates | 27 g |
| Protein | 5 g |
| Fat | 5 g |

APPETIZERS

Serves 1

NUTREN® Carrot Soup

Ingredients:

1/2 cup boiled and mashed carrots

1 1/2 cups purified water

6 scoops NUTREN® Diabetes

1/4 tsp salt

Method:

1. Combine carrots and water in blender. Blend until smooth.
2. Strain mixture and cook until boiling. Add NUTREN® Diabetes and mix until completely dissolved.
3. Season with salt to taste.

Good to know

Carrots are a popular antioxidant and at the same time are rich in Vitamin C

Let's talk Nutrition

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 1100 kJ |
| Carbohydrates | 32 g |
| Protein | 9 g |
| Fat | 10 g |

NUTREN® Pumpkin Soup

Ingredients:

1/2 cup boiled and mashed pumpkin

1 1/2 cups purified water

6 scoops NUTREN® Diabetes

1/4 tsp salt

Method:

1. Combine pumpkin and water in blender. Blend until smooth.
2. Strain mixture and cook until boiling. Add NUTREN® Diabetes and mix until completely dissolved.
3. Season with salt to taste.



Good to know:

This pumpkin soup is a Vitamin A and phosphorous rich dish

Let's talk Nutrition

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 1100 kJ |
| Carbohydrates | 32 g |
| Protein | 9 g |
| Fat | 10 g |

APPETIZERS

Serves 5

NUTREN®

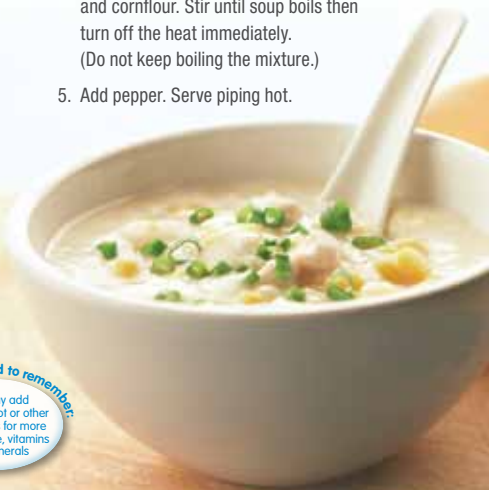
Chicken and Corn Soup

Ingredients:

- 3 cups chicken stock
- 150g lean chicken meat, deboned and shredded
- 7 scoops NUTREN® Diabetes, whisked or blended with 210 ml warm water
- 1 tbsp margarine
- 1 cup whole corn kernels
- 1 tbsp cornflour mixed with a little water
- 2 egg whites, beaten
- 1/2 tsp white pepper powder

Method:

1. Heat margarine over a low heat until it melts. Stir fry chicken pieces until the colour changes.
2. Add chicken stock, bring to boil and then reduce heat.
3. Add in creamed corn and allow to boil. Add beaten eggs gradually and stir the soup continuously.
4. Add NUTREN® Diabetes mixture and cornflour. Stir until soup boils then turn off the heat immediately. (Do not keep boiling the mixture.)
5. Add pepper. Serve piping hot.



Good to know:

Every scoop of NUTREN® Diabetes provides you with 0.6g dietary fibre

Good to remember:

You may add celery, carrot or other vegetables for more dietary fibre, vitamins and minerals

Let's talk
Nutrition

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 830 kJ |
| Carbohydrates | 19 g |
| Protein | 16 g |
| Fat | 6 g |

NUTREN® Fruit Custard

Ingredients:

7 scoops NUTREN® Diabetes,
whisked or blended with
210 ml warm water

$\frac{1}{4}$ cup custard powder

$\frac{1}{2}$ cup water

1 cup of fruit cocktail,
canned (in juice), drain off
the juice

Method:

1. In a saucepan mix together custard powder and water.
2. Stir in the NUTREN® Diabetes.
3. Cook over a very low heat, stirring constantly until the mixture thickens; remove from heat. Allow to cool.
4. Divide fruit cocktail into 4 equal portions and scoop onto 4 ice-cream cups.
5. Spoon cool custard over the fruits and chill until set.
6. Serve chilled.

Good to know:

Permitted artificial sweetener in NUTREN® Diabetes replaces the sugar while maintaining great taste for this recipe

Good to remember:

You can replace canned fruit cocktail with your favourite mix of fresh fruits

Let's talk Nutrition

| Nutrient analysis | Per serving |
|-------------------|-------------|
| Calories | 620 kJ |
| Carbohydrates | 24 g |
| Protein | 4 g |
| Fat | 4 g |





Recharge with NUTREN® Diabetes.

NUTREN® Diabetes is a drink that's specially designed to help people with diabetes manage their energy levels.

- Low GI=22
- Easy to prepare
- Can supplement or replace breakfast
- Can be used as a healthier snack between meals

Best of all, NUTREN® Diabetes is vanilla flavoured and tastes great. So it's a simple, delicious way to help smooth out your energy levels.



Satisfy. Recharge. Balance.