



# Yes, you can live well with diabetes

World Diabetes Day is on November 14 and is aimed at increasing awareness of the disease, symptoms, prevention of complications and their treatment. Nestlé, a leading nutrition, health and wellness company, has two products that are suitable for use by people with diabetes.

 By ActivRetail 4 Nov 2007



Diabetes affects more than 200 million people worldwide and this number is expected to increase to 370 million people by 2030. Nutren Diabetes is a nutritionally complete and balanced supplement and is claimed to offer nutritional support to people above 10 years of age with type 2 diabetes. The product is rich in monounsaturated fatty acids (MUFA), complex carbohydrates, and has a unique fibre blend – all of which facilitate the normalisation of blood glucose. It is also appropriate for the prevention and correction of malnutrition, or for long-term tube feeding of people with diabetes. This tasty product can also be used as meal replacement for weight loss management in people with type 2 diabetes where caloric restriction is very important. It is sold in a 400 gram tin as a powdered formula which mixes easily with water. Nutren Diabetes has been prescribed to diabetic patients in hospitals as a clinical nutrition supplement since 1991 and has been available through retail channels since September 2006.

Nutren Balance cereal bars are a specially formulated snack choice for diabetics that are available in two delicious flavours namely Apricot, and Lime and Ginger. These tasty cereal bars contain Beta-Glucan-3 (BG-3), a natural fibre from oats, which helps lower the glycaemic response, thus controlling the blood glucose levels after meals. It also slows digestion, reducing hunger, which can help with weight control. The cereal bars also further help in the reduction of cholesterol in the context of a balanced diet which can help reduce the risk of cardiovascular problems. In a clinical study with type 2 diabetes patients, the BG-3 enriched bar had a significantly lower glycaemic response than other commercial oat bran breakfast cereals and white bread. Scientific research also showed that type 2 diabetes patients who consumed one BG-3 enriched bar per day had decreased hunger levels when compared to regular products. The cereal bars meet international nutritional recommendations for people with diabetes because they have a low glycaemic index of 41, to help control blood glucose. Each bar is only 65 calories per serving, has no cholesterol and the bars are high in natural fibre with 4,4 grams per bar.

Even though this disease affects many millions of people across the globe, they can still live well by having a balanced diet, reducing stress and exercising on a regular basis.

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