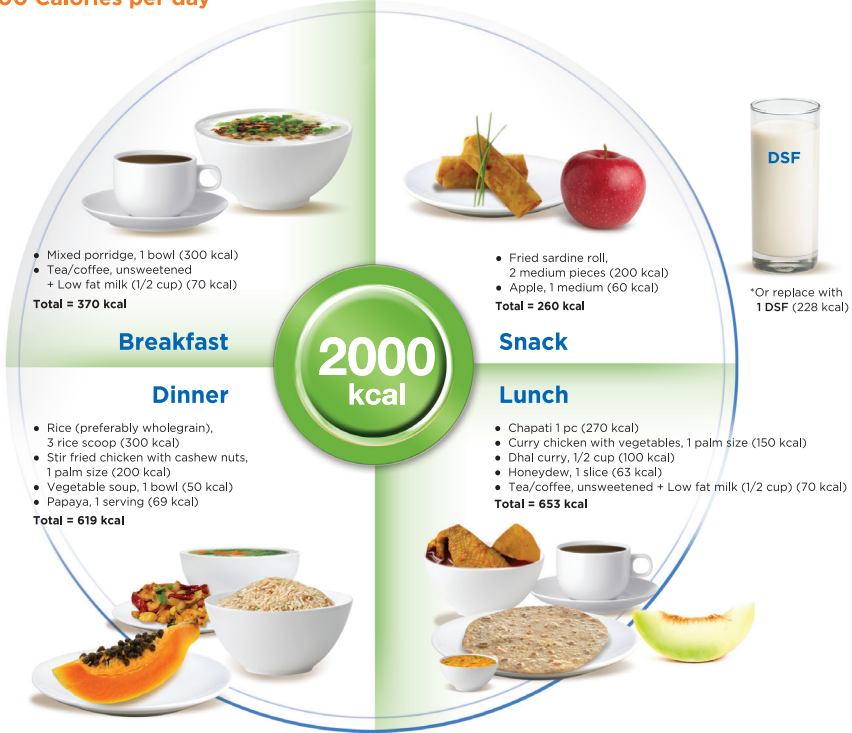


MEAL PLAN 4

2000 Calories per day



Meal Plan Samples for
NORMAL WEIGHT⁺

Controlled or Uncontrolled Diabetes

⁺Calories & CHO exch (carbohydrate exchange) counted are approximately ±5% of target
DSF = Diabetes-specific formula * Adapted from Patient Algorithm Therapy For Metabolic Control meal plan

1 serving DSF: 5 scoops Glucerna® + 200ml cold/ warm water

MEAL PLAN 5

2200 Calories per day



Meal Plan Samples for
UNDERWEIGHT⁺

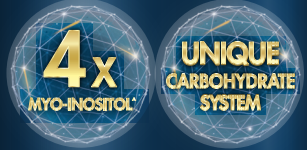
(Use 1-3 servings of DSF per day based on individual assessment of desired rate of weight gain and clinical targets)

⁺Calories & CHO exch (carbohydrate exchange) counted are approximately ±5% of target
DSF = Diabetes-specific formula * Adapted from Patient Algorithm Therapy For Metabolic Control meal plan

1 serving DSF: 5 scoops Glucerna® + 200ml cold/ warm water

Glucerna®
MEAL PLAN

HELPS MANAGE
**GLUCOSE
LEVELS***



*Compared to previous version of Glucerna powder
*When used as part of diabetes management including prescribed medication, diet and exercise



MEAL PLAN 1

1200 Calories per day



Meal Plan Samples for OVERWEIGHT OR OBESE⁺

(Use 1-2 servings of DSF per day to replace 250-500 kcal from meals based on individual assessment of weight loss and clinical targets)

MEAL PLAN 2

1500 Calories per day

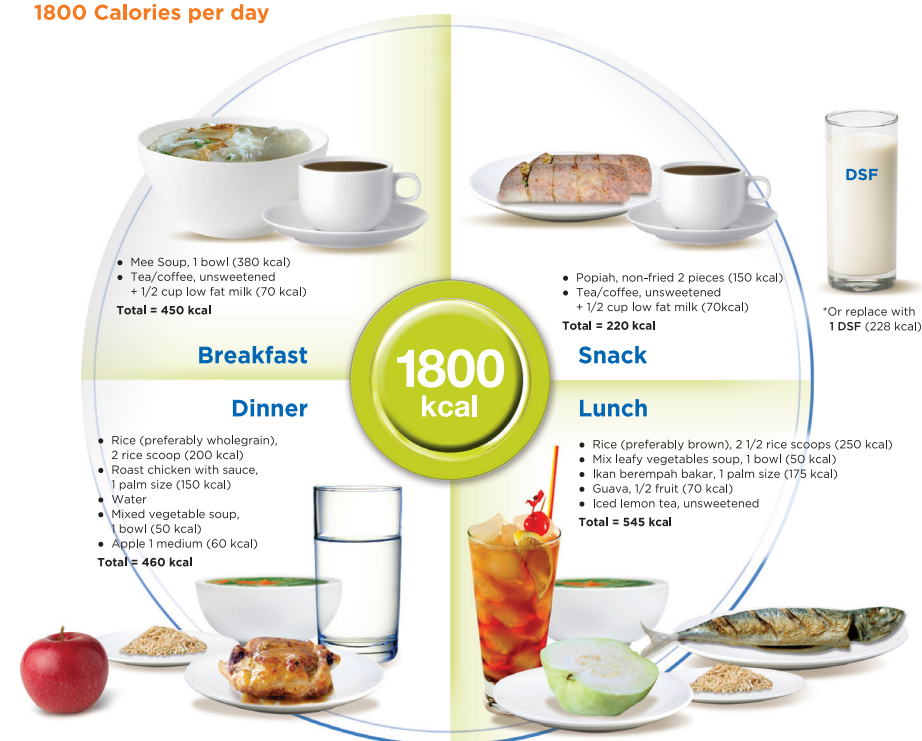


Meal Plan Samples for OVERWEIGHT OR OBESE⁺

(Use 1-2 servings of DSF per day to replace 250-500 kcal from meals based on individual assessment of weight loss and clinical targets)

MEAL PLAN 3

1800 Calories per day



Meal Plan Samples for NORMAL WEIGHT⁺

Controlled or Uncontrolled Diabetes

⁺Calories & CHO exch (carbohydrate exchange) counted are approximately $\pm 5\%$ of target
DSF = Diabetes-specific formula + Adapted from Patient Algorithm Therapy For Metabolic Control meal plan

1 serving DSF: 5 scoops Glucerna[®] + 200ml cold/ warm water

⁺Calories & CHO exch (carbohydrate exchange) counted are approximately $\pm 5\%$ of target
DSF = Diabetes-specific formula + Adapted from Patient Algorithm Therapy For Metabolic Control meal plan

1 serving DSF: 5 scoops Glucerna[®] + 200ml cold/ warm water

⁺Calories & CHO exch (carbohydrate exchange) counted are approximately $\pm 5\%$ of target
DSF = Diabetes-specific formula + Adapted from Patient Algorithm Therapy For Metabolic Control meal plan

1 serving DSF: 5 scoops Glucerna[®] + 200ml cold/ warm water