



# Glucerna<sup>®</sup>

## Your Lifestyle Guide to Diabetes

With healthy meal plans



Breakfast



Lunch



Dinner



# HOW WELL DO YOU KNOW DIABETES?

You may have recently been diagnosed with diabetes, or you may have known about your condition for years. But how well do you know diabetes? Let's have a quick look:



Diabetes is a chronic condition in which the body's ability to produce or respond to insulin is impaired.<sup>1</sup>



Insulin is a hormone which regulates the blood sugar level; thus, diabetes leads to increased blood sugar levels.<sup>1</sup>



There are 2 types of diabetes, type 1 and type 2.<sup>1</sup>



Type 2 diabetes mellitus (T2DM) is the most common type.<sup>1</sup>



T2DM usually begins with insulin resistance, a condition in which the body's cells do not use insulin well.<sup>2</sup>



T2DM is an important risk factor for complications:<sup>1</sup>



Nerve Damage



Skin Problems



Decreased immune function (leading to frequent infections)



Retinal Damage



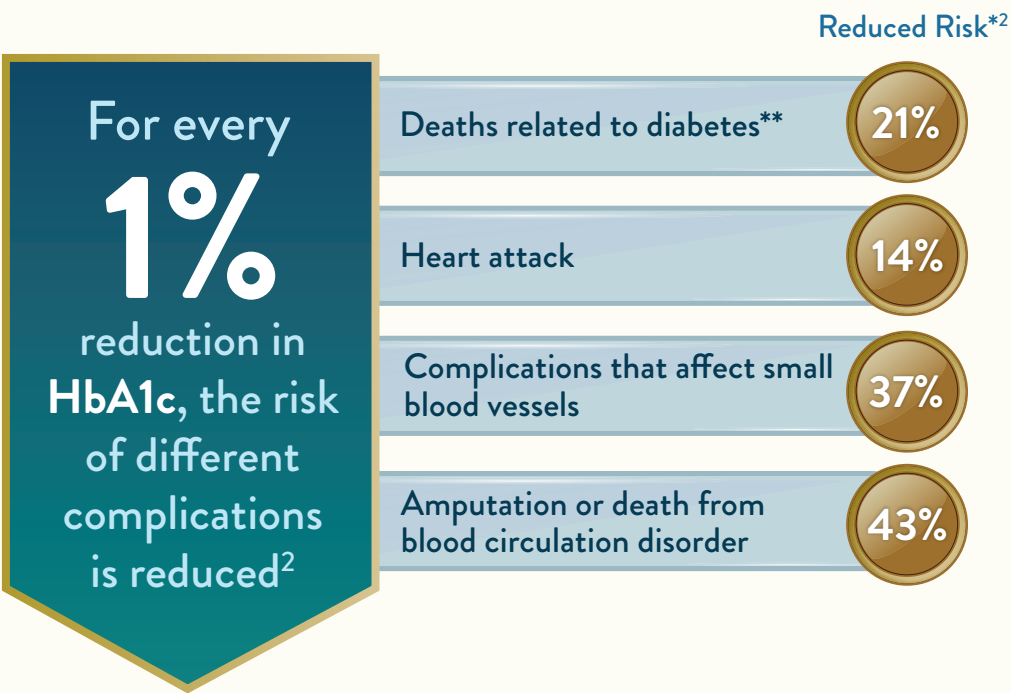
Cardiovascular Disease



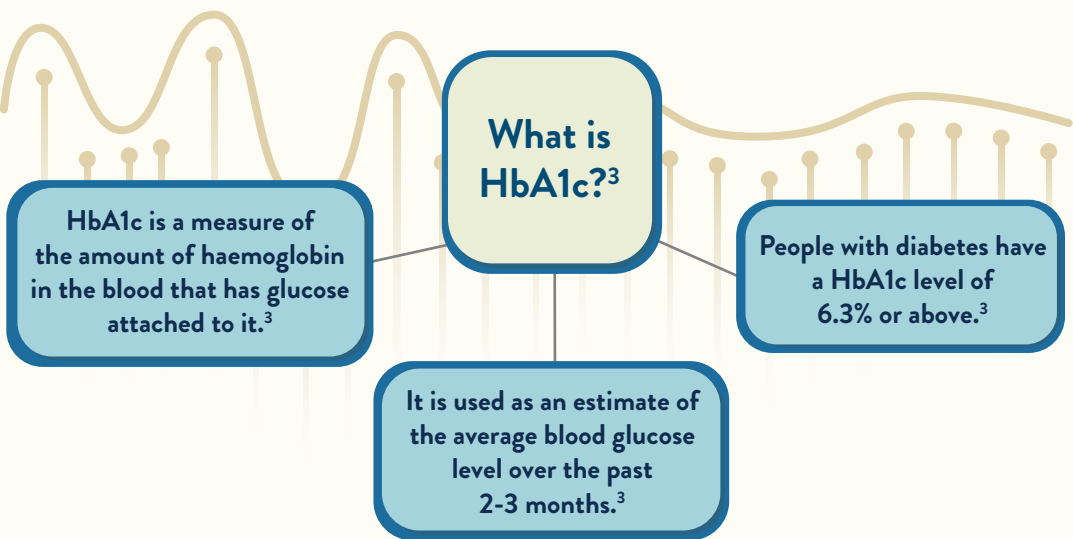
Kidney Disease



# WHY IS IT IMPORTANT TO CONTROL THE BLOOD SUGAR LEVEL?



\* $p < 0.0001$ . \*\*Diabetes is a major cause of cardiovascular disease, kidney failure and stroke, which can lead to death.<sup>1,2</sup>  
Adapted from Stratton IM, et al. BMJ. 2000.

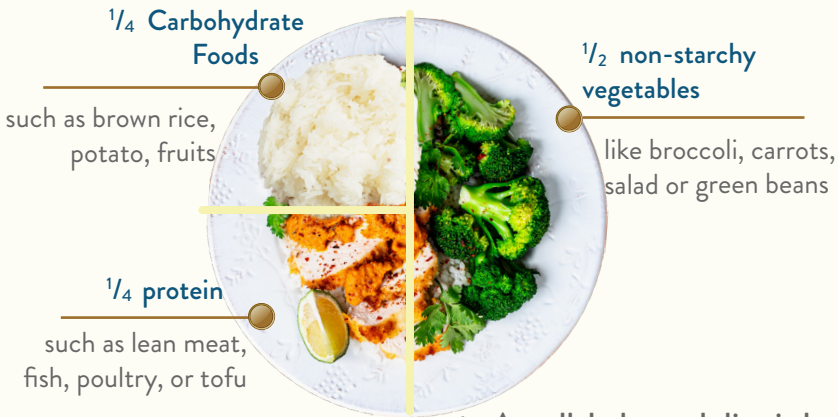


# FOUR ASPECTS FOR EFFECTIVE DIABETES MANAGEMENT



## 1. Maintain a healthy diet

- ▶ Practice the Diabetes Plate Method at each meal.<sup>5</sup>



- ▶ A well-balanced diet is helpful in maintaining blood sugar control.



## 2. Exercise regularly

- ▶ Aim for at least 150 minutes of moderate aerobic exercise a week with a goal of at least 30 minutes per day.<sup>6,7</sup> Otherwise, one could also aim for 75 minutes of vigorous-intensity aerobic exercise per week.<sup>7</sup>
- ▶ Examples of moderate-intensity exercise include brisk walking, dancing, gardening, tennis or biking.<sup>6</sup>



## 3. Check your blood sugar levels regularly.

- ▶ At least as often as your health care provider recommends. Checking it often shows you how specific food affect your levels.<sup>8</sup>



## 4. Take your medication as prescribed

- ▶ Adhering to your diabetes medication as prescribed by your doctor is an important way to control your blood sugar level.<sup>2</sup>

# WHAT SHOULD I DO IF I AM EATING OUT?

In situations when you eat out, you may not have as much control of how your meals are prepared. There are some easy steps you can take to eliminate this burden.

- ▶ Take time to look over menu.
- ▶ Be the first to order so you are not influenced by others.
- ▶ Don't be afraid to ask for things that are not on the menu.
- ▶ Request dressings and sauces to be separated on the side.
- ▶ Avoid eat-all-you-can meals.

## Estimate the Right Portion Size



The **front of your closed fist** equals about  $\frac{1}{2}$  a cup.



A **clenched fist** equals about 1 cup.



Your **fingertip** is around one teaspoon.

From the **tip of our thumb to the base of your thumb** is about 1 tablespoon

Your **palm** is equal to one portion of meat or fish (approx. 100 g)



# READING FOOD LABELS

The Nutrition Facts panel and ingredients list on a food label can help you with your food choices. For more help using the information on food labels, ask your dietitian.<sup>9</sup>

## Look at Calories per serving

Use the calories listed to compare similar products (check that serving size is the same).

## Look at the grams of Total Fat in 1 serving

(1 fat choice has 5 grams of fat).

To help lower your risk of heart disease, try to choose food choices that are low in saturated fats, trans fats, and cholesterol.

## Check the grams of Total Carbohydrate

This is the total amount of starches, natural and added sugars, sugar alcohols, and dietary fiber in a food. To figure out how many carb choice are in 1 serving, divide the Total Carbohydrate amount by 15 (1 carb choice has 15 grams of carbs).

NUTRIENT	UNIT	PER 100 ML	PER 237 ML PER SERVING
Energy	kcal	96	228
	kJ	404	957
Protein	g	4.29	10.16
Fat	g	3.67	8.70
Saturated fatty acids	g	0.42	0.99
Monounsaturated fatty acids	g	1.71	4.05
Polyunsaturated fatty acids	g	0.83	1.96
n-3 fatty acids (Omega-3)	g	0.07	0.16
n-6 fatty acids (Omega-6)	g	0.77	1.81
Trans fat	g	0.06	0.13
Cholesterol	mg	2	4
Total carbohydrate	g	12.67	30.01
Carbohydrate	g	11.02	26.11
Carbohydrate (excl. polyols)	g	9.65	22.85
Sugars	g	2.37	5.61
Lactose	g	0.09	0.22
Polyols	g	1.38	3.26
Maltitol	g	1.38	3.26
Fiber	g	1.65	3.90
Fructo-oligosaccharides (FOS)	g	0.45	1.07
Carnitine	mg	7.3	17.2
Taurine	mg	8.4	19.9
Inositol	mg	337.9	800.3
VITAMINS			
Vitamin A	mcg RE	70	166
	IU	233	553
Vitamin D <sub>3</sub>	mcg	2.75	6.51
	IU	110	261
Vitamin E	mg α-TE	2.2	5.3
	IU	3.3	7.8
Vitamin K	mcg	8.4	19.8
Vitamin C	mg	9.0	21.4
Vitamin B <sub>1</sub>	mg	0.17	0.41
Vitamin B <sub>2</sub>	mg	0.20	0.48
Vitamin B <sub>6</sub>	mg	0.26	0.63
Vitamin B <sub>12</sub>	mcg	0.35	0.82
Niacin equivalents	mg NE	2.02	4.79
Folic acid	mcg	34	81
Biotin	mcg	4.0	9.4
Pantothenic acid	mg	0.81	1.93
Choline	mg	42.0	99.5
MINERALS			
Sodium	mg	89	211
Potassium	mg	156	370
Chloride	mg	132	313
Calcium	mg	94	223
Phosphorus	mg	71	168
Magnesium	mg	25.1	59.4
Iron	mg	0.89	2.10
Zinc	mg	1.26	3.00
Manganese	mg	0.33	0.78
Copper	mcg	70	167
Selenium	mcg	6.6	15.6
Chromium	mcg	16.7	39.6
Molybdenum	mcg	11.0	26.1
Iodine	mcg	16.1	38.0

**INGREDIENTS:** Maltodextrin, VEGETABLE OILS (high oleic sunflower oil, soy oil), calcium caseinate, sucromalt, isolated soy protein, maltitol, milk protein concentrate, MINERALS (potassium chloride, magnesium sulfate, calcium carbonate, potassium citrate, sodium phosphate, sodium chloride, magnesium phosphate, sodium citrate, potassium hydroxide, zinc sulfate, ferrous sulfate, manganese sulfate, copper sulfate, chromium chloride, potassium iodide, sodium molybdate, sodium selenite), fructose, fructo-oligosaccharides.

## Check the serving size

Calorie and nutrient information on the label is for 1 serving of this size.

## Choose food items that are lower in Added Sugars.

Total sugars include sugars that are naturally in foods (such as fruit and dairy products) and sugars that are added to foods. Added sugars tell you how much of the Total Carbohydrate amount comes from sugars added to the food. Every 4 grams of sugar is equal to 1 teaspoon.

## Look for food with Dietary Fiber.

A good source of fiber is about 3 grams of fiber per serving and an excellent source has at least 5 grams or more per serving.

## The ingredient list

It provides information about the types of sugars added to food.



# FOOD TO EAT, LIMIT, AND AVOID<sup>10</sup>

Food Item	WHAT TO EAT MORE	What to Limit	WHAT TO AVOID
Vegetables	Kangkong, Malunggay, Broccoli, Togue, Pechay, Saluyot, Cabbage, Ampalaya, Lettuce, Spinach, Beans and other legumes	Processed and canned vegetables	Pickled vegetables (atsara)
Fruits	Fresh, in controlled amounts Strawberry, Apple, Melon, Banana, Grapes, Green Mango, Watermelon, Pineapple, Lansones	Buko juice	Overripe and processed/ canned fruits Candied/dried fruits Fresh and sweetened fruit juice in can/bottle
Milk	1-2 servings per day Unflavored soy milk, low-fat or skimmed milk, plain yogurt	Powdered/whole fresh milk	Condensed and evaporated milk, milk tea and chocolate drinks, 3-in-1 instant coffee, alcoholic drinks, sports drink
Rice and Substitutes	Rice (red, black, brown) Whole, multigrain pasta Whole grain cereals Rolled oatmeal, boiled root crops Quinoa, Adlai rice	White rice, white bread, bagels, instant oatmeal, potatoes, pancakes and waffles, salted crackers	Sweet bread (muffins, cakes, cookies, puddings, tarts), native kakanin, instant pancit canton, crackers with sweet fillings, potato chips, kropeck
Meat and Substitutes	Chicken meat and other poultry, lean pork and beef meat, seafood (shrimp, squid, tahong) Low-fat cheese, chicken and quail eggs, peanuts, tofu	Cheddar cheese, dried fish, salted egg, balut	Processed and canned meat/tuna, hotdogs, tocino, longganisa, ham, fishball, kikiyam, tapa, cheese spread
Fats and Oils	Canola oil, sesame oil, olive oil, avocado, fresh pili nuts	Palm oil Coconut oil	Chicharon, pork/beef fat, chicken skin, coconut cream, butter, mayonnaise
Sugar and Desserts	Desserts made with non-nutritive sweeteners		White/brown sugar, honey, jams/jellies, chocolates, candies, leche flan, yema, ube, ice cream



# WHAT IS A DIABETES-SPECIFIC FORMULA (DSF)?

DSF is an oral nutritional supplement specifically formulated to provide the energy and nutrients the body needs, while helping to improve blood sugar control in diabetes patients.<sup>11</sup>

BENEFITS OF DSF	HOW DOES IT HELP?
Defined nutrient composition	Provides complete and balanced nutrients while supporting better blood sugar control
Has slow glycemic index, with slowly digested carbohydrates	Prevents spikes in the blood sugar level after meals
Simplifies meal choice and facilitates meal planning	Eliminates the need to count calories, increases confidence in meal planning and reduces cravings for starchy foods
Clinically proven to reduce HbA1c	Helps reduce the risk of developing diabetes-related complications in the long term <sup>2</sup>

*Adapted from Mustad VA, et al. BMJ Open Diabetes Res Care. 2020.*



## What is glycemic index?<sup>12</sup>

- Glycemic index, or GI, is a measure of how quickly a certain food raises the blood sugar level.
- Food with high GI raises the blood sugar level more rapidly than food with low or medium GI.

## What is glycemic load?<sup>12</sup>

- Glycemic load (GL) of food is a number that estimates how much the food will raise a person's blood sugar level after it is eaten.

# HOW *Glucerna*<sup>®</sup> CAN HELP AS PART OF YOUR MEAL PLAN

UNIQUE  
CARBOHYDRATE  
SYSTEM

## NEW & IMPROVED SLOW-RELEASED CARBOHYDRATE SYSTEM

Helps manage glucose level

4x  
MYO-INOSITOL

## 4X HIGHER MYO-INOSITOL\*

Supports glucose control



## DUAL FIBER BLEND

For a healthy digestive system



## UNIQUE LIPID BLEND

Omega 3, Omega 6 & Omega 9

VITAMINS  
&  
MINERALS

## 28 VITAMINS & MINERALS

Can be used as meal replacement



**#BastaMayTulongNgGlucernaMayResulta**

with proper diet and healthy lifestyle

\*Compared to the previous Glucerna.

MUFA: monounsaturated fatty acids; PUFA polyunsaturated fatty acids.

\*\*Glucerna has been shown to reduce glucose fluctuations, when used as breakfast replacement as part of a lifestyle intervention (Peng et al., 2019)



# CARBOHYDRATE EXCHANGE LIST<sup>10,13</sup>

## VEGETABLE GROUP

1 SERVING = 5 grams Carbohydrate  
25 Calories

1 SERVING = 1/2 cup cooked  
1 cup raw

Ampalaya leaves<sup>b</sup>

Camote leaves<sup>ab</sup>

Ampalaya fruit

Broccoli

Carrots

Baguio beans

String beans

Sili leaves<sup>b</sup>

Kangkong<sup>b</sup>

Cauliflower

Tomato<sup>b</sup>

Sayote

Bean sprouts

Togue



## FRUITS

1 SERVING = 15 grams Carbohydrate  
60 Calories

### High in Vitamin C

### Measure

Atis	1 piece
Dalanghita	2 pieces
Guava <sup>a</sup>	2 pieces (small)
Mango: green, ripe	1 slice
Papaya: ripe	1 slice (1 cup)
Strawberry <sup>a</sup>	1 & 1/4 cups
Suha	3 segments

### Other Fruits

Apple <sup>a</sup>	1 piece (small)
Banana, latundan <sup>a</sup>	1 piece
Chico <sup>a</sup>	1 piece
Durian	1 segment
Grapes <sup>a</sup>	17 pieces
Langka	3 segments
Lansones	7 pieces

### Other Fruits

### Measure

Lychees	5 pieces
Melon	1 slice (1 cup)
Orange, small <sup>a</sup>	1 piece
Pear, large <sup>a</sup>	1/2 piece
Pineapple, fresh	1 slice (3/4 cup)
Rambutan	8 pieces
Santol, large <sup>a</sup>	1 piece
Watermelon	1 slice (1 1/4 cups)
Buco meat <sup>a</sup> (add 1 fat)	1/2 cup

### Fruit Juice

Cranberry, Grape, Prune	1/3 cup
Orange, Pineapple	1/2 cup
Buco water	1 cup

<sup>a</sup>These foods are good sources of fiber



# MILK

1 SERVING =



## Carbohydrate

## Calories

Whole Milk	12	170
Low Fat	12	125
Non-fat Milk	12	80

## Measure

Liquid Milk	1 cup
Powdered Milk	4 level tbsp
Yogurt	$\frac{3}{4}$ cup

# SUGAR SUBSTITUTE

1 SERVING = 5 grams Carbohydrate  
20 Calories

## Measure

Sugar	1 tsp
Honey	1 tsp
Syrup	1 tsp
Macapuno	1 tsp
Candy	1 piece
Condensed Milk	1 tbsp





# RICE & SUBSTITUTE

1 SERVING = 15 grams Carbohydrate  
80 Calories

## CEREALS AND GRAINS

### Measure

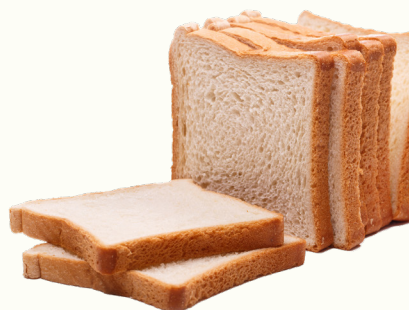
Rice	1/3 cup
Lugaw, thick consistency	1 cup
Suman sa ibos	1 piece
Suman sa lihiya	1 piece
Cereals, unsweetened	3/4 cup
Flour (dry)	3 tbsp
Kutsinta	1 piece, big
Noodles sotanghon, bihon	1/2 cup
Pasta spaghetti <sup>a</sup> , macaroni <sup>b</sup>	1/2 cup
Puto, bumbong	2 pieces
Oatmeal <sup>c</sup>	1/2 cup (3 tbsp raw)
Chestnut	11 pcs large or 20 pcs small



## BREAD

### Measure

Bagel	1/2 piece
Bread, white, whole wheat <sup>a</sup>	1 slice
Bread sticks, crisp 4 inches long	2 sticks
English Muffin	1/2 piece
Galyetas de Patatas	10 pieces
Hamburger bun	1/2 piece
Hotdog bun	1 piece
Pandesal	2 pieces
Pasensiya	22 pieces
Pita	1/2 piece
Raisin bread	1 slice
Tortilla, corn 6 inches across	1 piece
Waffle, 4-1/2 inches square, red. fat	1 piece





# RICE & SUBSTITUTE

1 SERVING = 15 grams Carbohydrate  
80 Calories



Count as  
plus

1 rice serving (80 Calories)  
1 fat serving (45 Calories) = 125 Calories

## STARCHY VEGETABLES

### Measure

Baked Beans	1/3 cup
Binatog	1/2 cup
Corn on cob, medium <sup>a</sup>	1 piece
Corn, whole kernel <sup>a</sup>	1/2 cup
Mixed veg with corn, peas	1 cup
Peas, green <sup>a</sup>	1/2 cup
Potato baked or boiled with skin <sup>a</sup>	1 small
Potato, mashed	1/2 cup
Squash	1 cup
Sweet potato	1/2 cup
Ubi, gabi	1/2 cup

### Measure

Biscuit, 2-1/2 inches across	1 piece
Corn bread, 2 inched cube	1 piece
Croutons	1 cup
French-fried potatoes	16-25 pcs
Muffin, small	1 piece
Popcorn, microwave <sup>a</sup>	3 cups
Pancake, 4 inches across	2 pieces
Sago, cooked	1/3 cup
Taco shell, 6 inches across	2 pieces
Waffle, 4-1/2 inches square	1 piece
Whole wheat crackers	4-6 pieces



Count as  
plus

1 rice serving (80 Calories)  
1 very lean meat (35 Calories) = 115 Calories

## CRACKERS AND SNACKS

### Measure

Graham crackers	8 squares
Popcorn, no fat added	3 cups
Pretzels	20 gms
Saltine-type crackers	6 pieces
Whole wheat crackers no added fat	2-5 pcs

### Measure

Beans and peas (garbanzos, kidney <sup>a</sup> , black-eyed)	1/2 cup
Lima beans <sup>a</sup>	2/3 cup
Lentils <sup>a</sup>	1/2 cup





## OTHER CARBOHYDRATES

	Serving Size	Exchange Per Serving
Cake, unfrosted	2 inch	1 rice, 1 fat
Canton, miki	1/2 cup	1 rice, 1 fat
Cornik	1/2 cup	1 rice, 1 1/2 fat
Cheese cupcake	1 piece	1 rice, 1 fat
Doughnut, plain	1 med	1 1/2 rice, 2 fat
Instant pancit canton	1/2 pack	2 1/2 rice, 1/2 MFmeat, 1/2 fat
Jacobina	1/2 cup	1 rice, 1/2 fat
Mamon	1 piece	1 rice, 1/2 fat
Pretzels, salted	9 sticks	1 rice, 1/2 fat
Salad dressing, fat free	1/4 cup	1 rice
Spaghetti sauce, canned	1/2 cup	1 rice, 1 fat
Tortilla chips	6-12 pcs	b1 rice, 2 fat







# FAST FOODS

	Serving Size	Exchange Per Serving	Kcal
Chicken Nuggets	6	1 rice, 2 MF meat, 1 fat	275
Fish Sandwich w/ Tartar Sauce	1	2 rice, 1 MF meat, 3 fat	372
Fish and Fries	1	1 rice, 1 MF meat, 4 fat	335
Fish and Rice	1	1 rice, 1 MF meat, 3 fat	290
Hamburger. regular	1	2 rice, 2 MF meat	310
Individual Pan Pizza	1	5 rice, 3 MF meat, 3 fat	760
Pizza, meat topping, thin crust	$\frac{1}{4}$ of 10 inch	2 rice, 2 MF meat, 2 fat	400
Submarine sandwich	1 (6 inch)	3 rice, 1 veg, 2 MF meat, 1 fat	460
Taco, hard shell	1 (3oz)	1 rice, 1 MF meat, 2 fat	245
Tuna noodle Casserole Lasagna Spaghetti w/ meat balls Mac n' cheese Chili with beans	1 cup	2 rice, 2 MF meat	310

### MONDAY

#### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Beef Tapa	35g		75
Oil	1 tsp		45
Garlic Rice	1/3 cup	15	80
Oil	2 tsp		90
Tomato and Cucumber Salad	1/2 cup	5	25
Papaya	1 slice / 1 cup	15	60



#### AM Snack

Glucerna® Mais con Yelo			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Mais	1/2 cup	15	80
Corn Cereals	4 tbsp	8	60

#### Lunch



Sinigang na Hipon			
Shrimp (Suahe)	4 pcs		41
Kangkong	1/2 cup	5	25
Eggplant			
Stringbeans (Sitaw)			
Tomatoes			
Labanos			
Steamed Rice	1/3 cup	15	80



#### PM Snack

Suman sa Ibos	1 piece	15	80
Orange Juice	1/2 cup	15	60



#### Dinner

Fried Galunggong	1 piece (70 g)		45
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80
Melon	1 slice / 1 cup	15	60



#### Bedtime Snacks

Glucerna® Powder	5 scoops in 200 mL water	26	228
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## TUESDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Glucerna® Champorado	1/3 cup		
Glucerna® Choco Powder	5 scoops	26	228
Glutinous Rice	1/3 cup	12	56
Daing na Tamban (Tuyo)	1 piece		45
Apple (small)	1 piece	15	60

### AM Snack



Egg Mayo Sandwich			
Whole Wheat Bread	2 slices	30	160
Hard-boiled egg	1 piece		45
Mayonnaise	1 tsp		45
Lettuce & Tomatoes	1/2 cup	5	25

### Lunch



Chicken Tinola			
Chicken Breast	1 slice		45
Sayote	1/2 cup	5	25
Dahon ng Sili			
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80

### PM Snack



Banana Strawberry Milkshake			
Glucerna® Powder	5 scoops	26	228
Banana	1 piece	15	60
Strawberry	1 1/4 cups	15	60
Vanilla Extract	1 tsp	0.5	12

### Dinner



Steamed Tilapia	1 piece		45
Chopsuey			
Sayote	1/2 cup	15	25
Sitsaro			
Baby corn			
Cabbage			
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80

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1504

# WEDNESDAY

## Breakfast



## AM Snack

## Lunch



## PM Snack

## Dinner



## Bedtime Snacks

Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Glucerna® Pancake	2 pieces		
Glucerna® Powder	5 scoops	26	228
All-purpose flour	3 tbsps	15	80
Egg	1 pc		45
Margarine	1 tsp		45
Honey/Maple Syrup	1 tsp	5	20
Cheese cupcake	1 piece	15	125
Pork Menudo	1/3 cup		
Lean Pork	1 slice		90
Pork Liver	1/4 cup		45
Carrots	1/2 cup	5	25
Tomatoes			
Bell Peppers			
Potato	1 small	15	80
Steamed Rice	2/3 cup	30	160
Orange (small)	1 pc	15	60
Binatog	1/4 cup	8	40
Pinakbet			
Lean Pork	1 slice		75
Eggplant	1/2 cup	15	25
Ampalaya			
Sitaw			
Okra			
Squash	1/4 cup	5	20
Bagoong	2 tbsps		Free Food
Oil	2 tsp		90
Steamed Rice	1/3 cup	5	20
Glucerna® Powder	3 scoops	17	137

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1547



## THURSDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Tortang Talong	1 piece		
Eggplant	1 piece	5	25
Egg	1 piece		45
Oil	1 tsp		45
Steamed Rice	1/3 cup	15	80
Chico	1 piece (45 g)	15	60



### AM Snack

Glucerna® Powder	5 scoops in 200 mL water	26	228
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### Lunch



Grilled Liempo	1/2 slice		50
Adobong Kangkong	1/2 cup	5	25
Steamed Rice	1/3 cup	15	80
Dalaghita	2 pieces	15	60



### PM Snack

Mixed Nuts	1/3 cup	3	290
Glucerna® Powder	5 scoops in 200 mL water	26	228

### Dinner



Nilagang Baka			
Lean Beef	1 slice		75
Cabbage	1/2 cup	15	25
Baguio Beans			
Potato	1 small	15	80
Steamed Rice	1/3 cup	15	80



### Bedtime Snacks

Mamon	1 piece	15	105
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## FRIDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
<b>Glucerna® Oatmeal</b>			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Oatmeal	1/2 cup (3 tbsp raw)	15	80
Sausage	1 1/2 piece		100
Pear (large)	1/2 piece	15	60

### AM Snack



<b>Sotanghon Guisado</b>			
Sotanghon	1/3 cup	15	80
Cabbage	1/2 cup	5	25
Sayote			
Baguio Beans	1 tsp		45
Oil			

### Lunch



<b>Sarsiadong Galunggong</b>			
Galunggong	1 piece		45
Egg	1		45
Tomato	1/2 cup	5	25
Oil	1 tsp		45
Steamed Rice	1/3 cup	15	80
Ripe Mango	1 slice	15	60

### PM Snack



<b>Boiled Sweet Potato</b>	1/2 cup	15	80
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### Dinner



<b>Ampalaya con Carne</b>			
Lean Beef	1 slice		75
Ampalaya	1/2 cup	5	25
Tomato			
Oil	1 tsp		45
Steamed Rice	1/3 cup	15	80
Grapes	17 pieces	15	60

### Bedtime Snacks



<b>Glucerna® Powder</b>	5 scoops in 200 mL water	26	228
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## SATURDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
<b>Egg Sandwich</b>			
Toasted Whole Wheat Bread	2 slices	30	160
Egg	1 piece		45
Mayonnaise	3 tsp		135
Lettuce	1/2 cup	5	25
Tomatoes			



### AM Snack

<b>Glucerna® Melon Shake</b>			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Honeydew/Melon	1 slice / 1 cup	15	60

### Lunch



<b>Sinigang na Baboy</b>			
Lean Pork	1 slice		45
Kangkong	1/2 cup	5	25
Labanos			
Eggplant			
Tomatoes			
Steamed Rice	2/3 cup	30	160



### PM Snack

<b>Baked Macaroni</b>	1 cup	30	310
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### Dinner



<b>Daing na Bangus</b>	1 slice		45
Fresh Tomato	1/2 cup	5	25
Boiled Camote Tops			
Steamed Rice	1/3 cup	15	80
Pineapple Juice	1/2 cup	15	60



### Bedtime Snacks

<b>Graham crackers</b>	8 squares	15	80
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191

1483

# SUNDAY

## Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
<b>Chicken Arroz Caldo</b>			
Rice (Lugaw - medium consistency)	1/3 cup	15	80
Chicken (Breast)	1 slice		45
Oil	2 tsp		90
Boiled Egg	1 piece		45
Ripe Papaya	1 slice	15	60



## AM Snack

<b>Glucerna® Powder</b>	5 scoops in 200 mL water	30	228
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## Lunch



<b>Chicken Inasal (Breast)</b>	1 slice		45
Oil	2 tsp		90
<b>Upo-Misua Soup</b>			
Upo	1/2 cup	5	25
Misua	1/2 cup	15	80
Oil	2 tsp		90
<b>Steamed Rice</b>	1/3 cup	15	80
<b>Suha</b>	3 segments	15	60

## PM Snack



<b>Glucerna® Banana con Yelo</b>			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Boiled Saba	1 piece	15	80

## Dinner



<b>Pesang Isda</b>			
Dalag	1 piece (70 g)		45
Petchay	1/2 cup	5	25
Oil	1 tsp		45
<b>Steamed Rice</b>	1/3 cup	15	80



## Bedtime Snacks

<b>Raisin Bread</b>	1 slice	15	80
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186

1511




# WEEKLY 1800kcal MEAL PLAN

Carbohydrate: 225g/day

## MONDAY

Breakfast



AM  
Snack



Lunch



PM  
Snack



Dinner



Bedtime  
Snacks



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Beef Tapa	70 g		90
Oil	2 tsp		90
Garlic Rice	1 cup	45	240
Oil	2 tsp		90
Tomato and Cucumber Salad	1/2 cup	5	25
Papaya	1 slice / 1 cup	15	60
Glucerna® Mais con Yelo			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Mais	1/2 cup	15	80
Corn Cereals	4 tbsp	8	60
Sinigang na Hipon			
Shrimp (Suahe)	8 pcs		68
Kangkong	1/2 cup	5	25
Eggplant			
Stringbeans (Sitaw)			
Tomatoes			
Labanos			
Steamed Rice	1/3 cup	15	80
Suman sa Ibos	1 piece	15	80
Orange Juice	1/2 cup	15	60
Fried Galunggong	1 piece (70 g)		45
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80
Melon	1 slice / 1 cup	15	60
Glucerna® Powder	5 scoops in 200 mL water	26	228
		220	1779

## TUESDAY

### Breakfast



### AM Snack



### Lunch



### PM Snack



### Dinner



### Bedtime Snacks

Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Glucerna® Champorado			
Glucerna® Choco Powder	5 scoops	26	228
Glutinous Rice	1/3 cup	12	56
Daing na Tamban (Tuyo)	1 piece		45
Oil	2 tsp		90
Apple (small)	1 piece	15	60

Egg Mayo Sandwich			
Whole Wheat Bread	2 slices	30	160
Hard-boiled Egg	1 piece		45
Mayonnaise	1 tsp		45
Lettuce & Tomatoes	1/2 cup	5	25

Chicken Tinola			
Chicken Breast	1 slice		45
Sayote	1/2 cup	5	25
Dahon ng Sili			
Oil	2 tsp		90
Steamed Rice	2/3 cup	30	160

Banana Strawberry Milkshake			
Glucerna® Powder	5 scoops	26	228
Banana	1 piece	15	60
Strawberry	1 1/4 cups	15	60
Vanilla Extract	1 tsp	0.5	12

Steamed Tilapia	1 piece		45
Chopsuey			
Sayote	1/2 cup	15	25
Sitsaro			
Baby corn			
Cabbage			
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80

Mamon	1 piece	15	80
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224.5

1754



## WEDNESDAY

### Breakfast



### AM Snack

### Lunch



### PM Snack

### Dinner



### Bedtime Snacks

Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Glucerna® Pancake	2 pieces		
Glucerna® Powder	5 scoops	26	228
All-purpose flour	3 tbsps	15	80
Egg	1 pc		45
Margarine	1 tsp		45
Honey/Maple Syrup	1 tsp	5	20
Cheese cupcake	1 piece	15	125
Pork Menudo	1/3 cup		
Lean Pork	1 slice		90
Pork Liver	1/4 cup		45
Carrots	1/2 cup	5	25
Tomatoes			
Bell Peppers			
Potatoes	1 small	15	80
Steamed Rice	1/3 cup	15	80
Orange (small)	1 pc	15	60
Binatog with grated coconut	1/2 cup	15	80
Pinakbet			
Lean Pork	1 slice		100
Eggplant	1/2 cup	15	25
Ampalaya			
Sitaw			
Okra			
Squash	1 cup	15	80
Bagoong	2 tbsps		Free Food
Steamed Rice	1/3 cup	15	80
Watermelon	1 slice / 1 1/4 cups	15	60
Glucerna® Powder	5 scoops in 200 mL water	26	228

229

1803

## THURSDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
Tortang Talong	1 piece		
Eggplant	1 piece	5	25
Egg	1 piece		45
Oil	1 tsp		45
Steamed Rice	1 cup	45	240
Chico	1 piece (45 g)	15	60



### AM Snack

Glucerna® Powder	5 scoops in 200 mL water	26	228
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### Lunch



Grilled Liempo	1/2 slice		50
Adobong Kangkong	1/2 cup	5	25
Steamed Rice	2/3 cup	30	160
Dalanghita	2 pieces	15	60



### PM Snack

Mixed Nuts	1/3 cup	3	290
Glucerna® Powder	5 scoops in 200 mL water	26	228

### Dinner



Nilagang Baka			
Lean Beef	1 slice		75
Cabbage	1/2 cup	15	25
Baguio Beans			
Potato	1 small	15	80
Steamed Rice	1/3 cup	15	80



### Bedtime Snacks

Mamon	1 piece	15	105
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230

1821

## FRIDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
<b>Glucerna® Oatmeal</b>			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Oatmeal	1/2 cup (3 tbsp raw)	15	80
Sausage	1 1/2 piece		100
Pear (large)	1/2 piece	15	60

### AM Snack



<b>Sotanghon Guisado</b>			
Sotanghon	2/3 cup	30	160
Cabbage	1/2 cup	5	25
Sayote			
Baguio Beans			
Oil	2 tsp		90

### Lunch



<b>Sarsiadong Galunggong</b>			
Galunggong	1 piece		45
Egg	1		45
Tomato	1/2 cup	5	25
Oil	2 tsp		90
Steamed Rice	2/3 cup	30	160
Ripe Mango	1 slice	15	60

### PM Snack



<b>Boiled Sweet Potato</b>	3/4 cup	23	120
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### Dinner



<b>Ampalaya con Carne</b>			
Lean Beef	1 slice		75
Ampalaya	1/2 cup	5	25
Tomato			
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80
Grapes	17 pieces	15	60

### Bedtime Snacks



<b>Glucerna® Powder</b>	5 scoops in 200 mL water	26	228
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225

1846

## SATURDAY

### Breakfast



Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
<b>Egg Sandwich</b>			
Toasted Whole Wheat Bread	2 slices	30	160
Egg	1 piece		45
Mayonnaise	3 tsp		135
Lettuce	1/2 cup	5	25
Tomatoes			



### AM Snack

<b>Glucerna® Melon Shake</b>			
Glucerna® Powder	5 scoops in 200 mL water	26	228
Melon	1 slice / 1 cup	15	60

### Lunch



<b>Sinigang na Baboy</b>			
Lean Pork	2 slice		90
Kangkong	1/2 cup	5	25
Labanos			
Eggplant			
Tomatoes			
Steamed Rice	1 cup	45	240



### PM Snack

<b>Baked Macaroni</b>	1 cup	30	310
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### Dinner



<b>Daing na Bangus</b>	2 slice		90
Fresh Tomato	1/2 cup	5	25
<b>Boiled Camote Tops</b>			
Steamed Rice	2/3 cup	30	160
Pineapple Juice	1/2 cup	15	60



### Bedtime Snacks

<b>Graham crackers</b>	8 squares	15	80
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221

1733

# SUNDAY

## Breakfast



## AM Snack

## Lunch



## PM Snack



## Dinner



## Bedtime Snacks

Food item	Portion Size	Carbohydrates (g)	Calories (kcal)
<b>Chicken Arroz Caldo</b>			
Rice (Lugaw - medium consistency)	2/3 cup	30	160
Chicken (Breast)	1 slice		45
Oil	2 tsp		90
Boiled Egg	1 piece		45
Ripe Papaya	1 slice	15	60

<b>Glucerna® Powder</b>	5 scoops in 200 mL water	26	228
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<b>Chicken Inasal (Breast)</b>	1 slice		45
Oil	2 tsp		90
<b>Upo-Misua Soup</b>			
Upo	1/2 cup	5	25
Misua	1/2 cup	15	80
Oil	1 tsp		
Steamed Rice	1 cup	45	240
Suha	3 segments	15	60

<b>Glucerna® Banana con Yelo</b>			
<b>Glucerna® Powder</b>	5 scoops in 200 mL water	26	228
Boiled Saba	1 piece	15	80

<b>Pesang Isda</b>			
Dalag	1 piece (70 g)		45
Petchay	1/2 cup	5	25
Oil	2 tsp		90
Steamed Rice	1/3 cup	15	80

<b>Raisin Bread</b>	1 slice	15	80
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231

1796

# Glucerna® MAIS CON YELO

## NUTRITION FACTS PER SERVING:

Calories: 192 kcal  
Carbohydrates: 11 g  
Protein: 16 g  
Fats: 10 g  
Fiber: 3 g



## Ingredients

- 5 scoops of Glucerna® powder
- 2 tablespoons of corn kernels
- 2 tablespoons of cream-style corn
- 2 cups shaved ice
- 20 g or 1 tablespoon of corn cereals



## Instructions

1. In your desired glass, layer cream-style corn, corn kernels, and a portion of sugar (according to your desired taste).
2. Add a layer of shaved ice and another layer of corn.
3. Add a final layer of ice and a generous serving of Glucerna®.
4. Top with corn cereal.

# Glucerna® CHAMPORADO

## Ingredients

- ½ cup glutinous rice, rinsed well
- 6 cups water
- 5 scoops of Glucerna® Chocolate powder
- 1 packet of artificial sweetener

## Instructions

1. Simmer glutinous rice in water while covered for 45 minutes. Stir occasionally. (50mins.)
2. Stir in Glucerna® Chocolate powder and sugar. (5mins.)
3. Transfer into serving bowls. Serve warm.



## NUTRITION FACTS PER SERVING:

Calories: 65 kcal  
Carbohydrates: 10 g  
Protein: 4.82 g  
Fats: 5.4 g  
Fiber: 1 g





# Glucerna® BANANA STRAWBERRY MILKSHAKE

## Ingredients

- 1 packet sweetener
- 5 scoops Glucerna® Vanilla powder
- 6 ice cubes
- 1 small banana
- 6 medium strawberries



### NUTRITION FACTS PER SERVING:

Calories: 159 kcal  
Carbohydrates: 35.49 g  
Protein: 4.82 g  
Fats: 0.77 g  
Fiber: 4 g



## Instructions

1. Cut up banana.
2. Put banana, strawberries, artificial sweetener, and milk into a blender.
3. Blend on medium speed for about 20 seconds.
4. Add ice cubes and blend (pulse or low speed) for another 30 - 40 seconds.

# Glucerna® HONEYDEW / MELON MILKSHAKE

## Ingredients

- 3 scoops of Glucerna® powder
- 1 slice (300 g) honeydew
- 1 cup ice

### NUTRITION FACTS PER SERVING:

Calories: 288 kcal  
Carbohydrates: 41 g  
Protein: 10.16 g  
Fats: 8.7 g  
Fiber: 1.07 g



## Instructions

1. Blend until smooth.



# Glucerna® PANCAKE

## Ingredients

### For the batter

2 small eggs  
45 g of Glucerna® powder  
70 mL water  
40 g all-purpose flour  
10 g whole wheat flour  
1 teaspoon baking powder  
A pinch of salt

### For the creamy sauce (optional):

7.5 g Glucerna® powder  
10 mL water

#### NUTRITION FACTS PER SERVING:

Calories: 536 kcal  
Carbohydrates: 53.6 g  
Protein: 27.6 g  
Fats: 19.1 g  
Fiber: 6.3 g

## Instructions

1. In a large bowl, whisk eggs until frothy.
2. Dissolve Glucerna® powder in water.  
Add to eggs and whisk until frothy.
3. Sift all-purpose flour, baking powder, and salt into the bowl. Mix well as quickly as possible into a smooth batter.
4. Leave the batter in the fridge for at least 20 minutes before cooking.
5. Heat a non-stick flat-base pan over low heat. Coat the pan with some butter.
6. Pour a scoop of batter onto the heated pan. Leave gaps between the hotcakes to prevent sticking.
7. Once bubbles start to form on the batter surface, loosen the bottom of the hotcake with a spatula. Then flip over to the other side and cook for another 30 seconds.
8. To make the creamy vanilla sauce, dissolve Glucerna® powder in water.
9. Serve the hotcakes with fruit toppings and creamy sauce on the side.





# PINAKBET

(FILIPINO MIXED VEGETABLE STEW)

## Ingredients

- 2 cups squash, cubed
- 2 cups eggplant, sliced
- 1 cup okra
- 1 cup string beans (sitaw), cut into 2-inch lengths
- 1 cup bitter melon (ampalaya), sliced
- 1 tomato, sliced
- 1 onion, chopped
- 4 cloves garlic, minced
- 3 tablespoons fish sauce (patis)
- 3 tablespoons Glucerna® powder
- 2 tablespoons cooking oil
- 1 cup water or vegetable broth
- Salt and pepper to taste



### NUTRITION FACTS PER SERVING:

Calories: 250 kcal  
Protein: 5 g  
Fat: 10 g  
Carbohydrates: 35 g  
Fiber: 10 g  
Sugar: 5 g

## Instructions

1. In a large pan, heat cooking oil over medium heat. Sauté garlic and onion until fragrant.
2. Add tomatoes and cook until soft.
3. Stir in squash and cook for a few minutes.
4. Pour water or vegetable broth into the pan. Cover and simmer until squash is almost tender.
5. Add eggplant, bitter melon, string beans, and okra. Simmer until all vegetables are tender.
6. Dissolve Glucerna® powder in fish sauce and add it to the pan. Mix well.
7. Season with salt and pepper according to taste.
8. Serve hot with rice.



# HOW TO TAKE YOUR *Glucerna*<sup>®</sup>



Patient BMI: .....

☐

**OBESSE / OVERWEIGHT** .....  
**BMI > 23 kg/m<sup>2</sup>**



**2x / day**

as a MEAL REPLACEMENT

☐

**UNDERWEIGHT** .....  
**BMI < 18.5 kg/m<sup>2</sup>**



**2x / day**

as a MEAL SUPPLEMENT

☐

**NORMAL** .....  
**BMI 18.5 - 22.9 kg/m<sup>2</sup>**



**1x / day**

as a PARTIAL REPLACEMENT

When should you drink *Glucerna*

☐

**BREAKFAST**

☐

**LUNCH**

☐

**DINNER**

☐

**SNACK:** AM / PM

Additional Instructions:

900 g Can #  
(Vanilla)

400 g Can #  
(Vanilla, Chocolate)

**HOW TO PREPARE:**



5 SCOOPS  
(228 kcal/serving)



\*Do not use  
hot water



**1 serving**

# NOTES AREA FOR HEALTHCARE PROFESSIONALS



## NUTRITION PRESCRIPTION

Name: .....

Date: ..... BMI: .....

Diagnosis / Health Concern: .....

.....

WHO	WHO Asia Pacific
< 18.5 (underweight)	< 18.5 (underweight)
18.5 - 24.9 (normal)	18.5 - 22.9 (normal)
25-29.9 (overweight)	23 - 24.9 (at risk / overweight)
30-34.9 (obese I)	25-29.9 (obese I)
35-40 (obese II)	>=30 (obese II)
>40 (obese III)	

The following diet is recommended for this patient:

- ☐ DM diet      ☐ Low purine diet      ☐ Others: .....
- ☐ Low salt diet      ☐ Renal diet      .....
- ☐ Low fat diet      ☐ Regular diet

Notes:

.....

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# GLYCEMIA-TARGETED SPECIALIZED NUTRITION

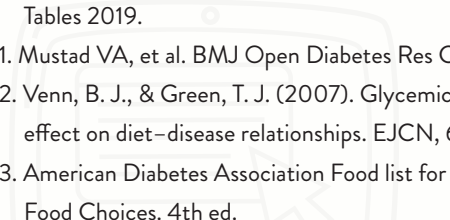
	STARCH	FRUIT	MILK AND MILK SUBSTITUTES	NON-STARCHY VEGETABLES	TOTAL CARBOHYDRATES		PROTEIN	FAT	MENU IDEAS
					(CHOICES)	(GRAMS)			
Breakfast Time: <input type="text"/>									
Lunch Time: <input type="text"/>									
Dinner Time: <input type="text"/>									
Snacks* Time: <input type="text"/> Time: <input type="text"/>									
Daily Totals:									

*\*Depending on your personal health goals, snacks may or may not be needed. Discuss with your dietitian.*





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  13. American Diabetes Association Food list for diabetes (2015). The Official Pocket Guide to Diabetic Food Choices. 4th ed.
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### Disclaimer:

1. This leave-behind material is intended for healthcare professionals and for people with diabetes.
2. If lost, please return to Abbott Laboratories located at 8F Venice Corporate Center, 8 Turin Street, McKinley Town Center, Taguig.
3. The content of this booklet is not meant to replace professional medical advice. For more information, please consult your doctor.