

# Using meal replacement products for weight loss in Diabetes

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This handout will show you how to use Glucerna™, a meal replacement product, to help you lose weight safely and effectively.

## What is meal replacement therapy?

Meal replacement therapy uses products such as drinks and bars as substitutes for a regular meal or snack, usually for the purposes of weight loss. These products:

- are usually low in calories
- provide a healthy mix of carbohydrates, fat and protein
- provide important vitamins and minerals

## Why choose Glucerna™ over other meal replacement products?

Glucerna™ is made for people with diabetes. It contains a special carbohydrate blend that digests slowly. This means you may have fewer spikes in your blood sugar compared to other meal replacement products.

There are other meal replacement products for people with diabetes that you can use instead of Glucerna™. You can discuss other options with your dietitian.

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## What's in 1 bottle of Glucerna™?

- Calories: 225
- Total Carbohydrate: 27 grams  
(23 grams available carbohydrate)
- Fat: 8.2 grams  
(0.5 grams saturated fat, 0 grams trans fat)
- Protein: 11 grams

## How many bottles of Glucerna™ do I need to have each day?

In general, you will use Glucerna™ at breakfast and lunch.

For more information, see the insert “Your Meal Plan”.



## How will being on the meal replacement program affect my diabetes?

As you lose weight, you may have lower blood sugars and need less diabetes medication. You will need to monitor your blood sugar daily and attend regular appointments with your dietitian.

You must also know how to recognize and treat a low blood sugar.

**Carry fast-acting carbohydrate with you at all times!**

Ask for a copy of the handout “Low Blood Sugar” for more important information.

Contact your dietitian if you are having frequent low blood sugars and/or need help adjusting your diabetes medications.

My insulin/diabetes medication routine:

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## How long will I be on the program?

The amount of time you spend on the program will depend on how much weight you wish to lose. You are encouraged to try the program for at least 3 to 6 months. Research done in our clinic indicates that the average weight loss after 6 months is about 6 kg or 13 lb. However, this amount will vary for each person.

## What happens when I am ready to come off the program?

Make an appointment to meet with your Registered Dietitian. Your Registered Dietitian will work with you to develop a program that includes healthy eating and physical activity to encourage further weight loss or weight maintenance.

## How often do I need to see my dietitian?

In general, keep regularly scheduled appointments with your dietitian and nurse every 3 months. Your dietitian may wish to speak with you more often by phone, email or clinic visits. If you take insulin or an oral medication for diabetes which can cause low blood sugar, you and your dietitian will speak often, as your insulin/medication dose may need to be changed.

## What about exercise?

Regular physical activity is a key part of long term weight maintenance. Research has shown that people who combine diet changes and exercise, lose more weight than people who use diet changes alone. They are also more likely to maintain weight loss.

Aim for 30 to 60 minutes of exercise each day. Start with activities you enjoy and build up slowly.

We recommend that you make an appointment with our kinesiologist for help developing an exercise program that is right for you!



## Dressing up your vegetables

Try these tips to help make your lower carbohydrate vegetables more appealing.



### Flavour your vegetables

Add:

- spices, such as paprika, cayenne pepper, nutmeg
- herbs, such as rosemary, basil, oregano, thyme
- ground black pepper
- lemon
- lime
- salsa
- garlic (fresh or powder)
- hot sauce
- horseradish
- mustard
- fat free/low calories salad dressing
- flavoured vinegars, such as raspberry
- grated parmesan cheese (1/2 to 1 tsp)

### Roast your vegetables

This will help to sweeten and concentrate flavour as well as create a nice texture. Roast any of your favourite vegetables, such as asparagus, red onion, zucchini, bell peppers and mushrooms.

- Cut vegetables into large bite size pieces.
  - Spray lightly with a vegetable oil cooking spray.
  - Season with your favourite herb and/or spices, and add minced garlic as desired.
  - Roast in the oven at 350°F for 15 minutes (for thin vegetables) to 45 minutes (for thicker vegetables).
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### **Steam your vegetables**

- This will help to retain both nutrients and flavour.
- Try adding a dash of lemon juice or lemon pepper, or a light sprinkle of grated parmesan cheese to your steamed vegetables.

### **Grill your vegetables**

This will help to bring out the natural flavour and sweetness of your vegetables.

- Cut vegetables into thick slices.
- Brush with lemon juice or spray lightly with a vegetable oil cooking spray.
- Transfer vegetables to a wire grilling basket or wrap in aluminium foil and grill over medium heat on the barbeque or an indoor electric grill.
- Grill vegetables for 20 to 25 minutes, turning once halfway through.

### **Boil your vegetables**

Boiling your vegetables causes some of the nutrients to be lost in the water, so it is a good idea to save the vegetable water and use to make a soup. Remember, that frozen vegetables are a fast and easy alternative to fresh and are just as healthy for you.

- Try boiling your favourite vegetables in low sodium chicken or beef stock to add a nice flavour.
- Do not forget to save the vegetable water to make soup.

### **Prepare a healthy “free” vegetable soup for increased variety**

- Garden vegetable soup (see recipe on page 7).



## Free recipes

### **Garden Vegetable Soup (1 cup = 1 gram carbohydrate)**

(source Weight Watchers. 2004)

1/3 cup sliced carrot

1/2 cup diced onion

2 garlic cloves, minced

3 cups fat-free low sodium broth (beef, chicken or vegetable)

1 1/2 cups diced green cabbage

1/2 cup green beans

1 Tbsp tomato paste

1/2 tsp dried basil

1/4 dried oregano

1/4 tsp salt (optional)

1/2 cup diced zucchini

Serves 4

1. In large saucepan sprayed with non-stick cooking spray, sauté the carrot, onion and garlic over low heat until softened, about 5 minutes.
  2. Add broth, cabbage, beans, tomato paste, basil, oregano and salt; bring to boil. Lower heat and simmer, covered, about 15 minutes or until beans are tender.
  3. Stir in zucchini and heat 3 to 4 minutes. Serve hot.
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**Creamy Greek Tofu Salad (1/6 recipe = 1 gram carbohydrate)**

Source: Nutrition & Fitness Reference Guide, 2002.

1 long English cucumber, cubed  
2 medium tomatoes, cubed  
2 medium green peppers, cubed  
1/2 medium white or red onion, cube  
1/2 cup parsley, chopped  
2 cups feta cheese, lower fat  
1 cup black olives

**Dressing:**

1 package 10.5 oz (300 g) soft tofu  
1/4 cup red wine vinegar  
1/3 cup olive oil  
1 clove garlic  
2 tsp dried oregano  
2 tsp dried basil  
1/4 tsp salt (optional)  
1/2 tsp pepper  
1/2 tsp sugar

Serves 6

1. In a food processor, blend all the dressing ingredients until smooth and creamy.
  2. Mix vegetables together in a salad bowl.
  3. Toss dressing mixture together into the salad just before serving.
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## What if I cannot follow the meal replacement program every day?

It is okay if you are not able to follow the program every day, but the more days you follow the program, the better your success will be. Below are some meal and snack ideas for days **when you cannot follow the program**. Ask your dietitian for more 30 gram carbohydrate meal and 15 gram carbohydrate snack ideas.

### Breakfast (30 grams of carbohydrate)

#### Example 1:

- 2 slices Weight Watchers/Hollywood whole wheat bread
- 1 tbsp peanut butter OR 1 boiled/poached egg OR ¼ cup low fat cottage cheese
- 1 small banana OR ½ cup grapes OR 1 medium orange

#### Example 2:

- 1 cup cold cereal (shredded wheat, Multigrain Cheerios™ or Bran Flakes™) OR ¾ cup cooked oatmeal (with cinnamon and artificial sweetener if desired)
- ½ cup low fat milk

#### Example 3:

Peanut butter smoothie:

- 1 cup low fat milk
- 1 small banana (OR 1 cup strawberries + ½ small banana)
- 1 tbsp peanut butter
- 2 ice cubes (can add more if thinner consistency desired)  
– blend together until smooth

### Morning snack (15 grams of carbohydrate)

See snack list on page 11.

**Lunch/Dinner (30 grams of carbohydrate)****Example 1:**

- 2 to 3 oz (size of a deck of cards) of lean meat, fish or chicken: baked, grilled or barbequed
- 1 cup potato OR 1 cup pasta OR 2/3 cup brown rice
- 1 tsp non-hydrogenated margarine or canola/olive oil
- 1 to 2 cups lower carbohydrate vegetables (raw, cooked or soup)

**Example 2:**

- 1 ½ cups vegetable soup OR 1 cup chicken noodle/beef barley soup (choose lower fat and lower sodium options)
- 6 whole wheat soda crackers OR 1 slice whole wheat bread
- 1 thin slice (1 oz) part skim cheese (less than 20% M.F.) OR 1 thin slice (1 oz) low fat meat
- 1 to 2 cups lower carbohydrate vegetables (raw, cooked or soup)

**Example 3:**

- 1 whole wheat english muffin
- 1 to 2 tsp low fat mayo
- ¼ to ½ cup tuna or salmon with lettuce/sprouts
- 1 to 2 cups lower carbohydrate vegetables (raw, cooked or soup)

**Example 4:**

Western sandwich:

- 2 slices whole wheat toast
- 1 egg omelette
- Beat/whisk egg and add ½ cup chopped asparagus, peppers, mushrooms, onions, and tomatoes to as desired
- Add 1 oz shredded, part-skim cheese (less than 20% M.F.) OR 1 thin slice (1 oz) lean ham
- Cook omelette with cooking spray
- Serve on toast as a sandwich. Enjoy!

**Afternoon and Evening snack (15 grams of carbohydrate each)**

See snack list on page 11.

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## Tips

- Glucerna™ tastes best if you keep it chilled.
- Blend Glucerna™ with fruit, milk or yogurt to make a shake.
- Mix Glucerna™ with coffee for a mocha treat. You can add ice to make an “iced cappuccino”.
- If you are hungry between meals, snack on vegetable soup, diet Jello, diet popsicles or lower carbohydrate vegetables.
- If you are thirsty between meals, drink water, tea, coffee, diet pop, Crystal Light® or Mio®.
- You can buy Glucerna™ at pharmacies, grocery stores and major discount stores.
- Go to the Glucerna website [www.Glucerna.ca](http://www.Glucerna.ca) or call 1-855-458-2582 for information on discount coupons and promotions.

## Dietitian’s suggestions:

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# Your Meal Plan

## Breakfast and Morning Snack

\_\_\_\_\_ bottle(s) Glucerna™

**Fruit** ..... Choose \_\_\_\_\_ of:

- 1 small banana or pear
- 1 medium apple or orange
- 1 cup cantaloupe, pineapple, blueberries or raspberries
- 2 cups watermelon or strawberries
- 1/2 cup grapes or 1/2 cup mango

**Milk and Alternatives** ..... Choose \_\_\_\_\_ of:

- 1 cup milk (skim or 1%)
- 3/4 cup fruit yogurt (no added sugar)
- 1 cup plain yogurt

**Low Fat Protein** ..... Choose \_\_\_\_\_ of:

- 1 tbsp peanut butter
- 1 egg
- 1 oz (30 g) low-fat or fat-free cheese  
(20% or less MF = milk fat)
- 1/4 cup low-fat or fat-free cottage cheese
- 1 oz (30 g) lean meat

Drink water, tea, coffee, diet pop,  
Mio® or Crystal Light® as desired.

## Lunch and Afternoon Snack

\_\_\_\_\_ bottle(s) Glucerna™

**Fruits and Sweet Vegetables** ..... Choose \_\_\_\_\_ of:

- 1 fruit (see breakfast list)
- 1 cup beets, parsnips, peas or squash
- 1 ½ cups vegetable or tomato juice

**Milk and Alternatives** ..... Choose \_\_\_\_\_ of:

- 1 cup milk (skim or 1%)
- 3/4 cup fruit yogurt (no added sugar)
- 1 cup plain yogurt

**Low Fat Protein** ..... Choose \_\_\_\_\_ of:

- 1 tbsp peanut butter
- 1 egg
- 1 oz (30 g) low-fat or fat-free cheese
- 1/4 cup low-fat or fat-free cottage cheese
- 1 oz (30 g) lean meat, poultry or fish

**Fats and Oils** ..... Choose \_\_\_\_\_ of:

- 1 tsp margarine (non-hydrogenated)
- 1 tsp olive or canola oil
- 1 tbsp low-fat salad dressing
- 1 tbsp fat-free sour cream

**Lower carbohydrate vegetables**  
(raw, grilled, cooked or soup) 1 to 2 cups

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|------------------------|--------------|
| • alfalfa sprouts      | • eggplant   |
| • asparagus            | • kale       |
| • beans (green/yellow) | • lettuce    |
| • broccoli             | • mushrooms  |
| • brussels sprouts     | • radishes   |
| • cabbage              | • sauerkraut |
| • cauliflower          | • spinach    |
| • celery               | • tomato     |
| • cucumber             | • zucchini   |

Drink water, tea, coffee, diet pop,  
Mio® or Crystal Light® as desired.

## Supper and Evening Snack

(see the Plate Method on back)

**Grains and Starches** ..... Choose \_\_\_\_\_ of:

- 1 slice bread
- 1/2 medium bun, pita or english muffin
- 6 soda crackers or 4 melba toast
- 1/2 cup potato, pasta or corn
- 1/3 cup cooked rice or sweet potato
- 1/2 cup legumes (kidney beans, chickpeas or lentils)
- 1/3 cup hummus

**Fruits and Sweet Vegetables** ..... Choose \_\_\_\_\_ of:

- 1 fruit (see breakfast list)
- 1 ½ cups vegetable or tomato juice
- 1 cup beets, parsnips, peas or squash
- 1/2 cup spaghetti sauce

**Milk and Alternatives** ..... Choose \_\_\_\_\_ of:

- 1 cup milk (skim or 1%)
- 3/4 cup fruit yogurt (no added sugar)
- 1 cup plain yogurt

**Low Fat Protein** ..... Choose \_\_\_\_\_ of:

- 1 tbsp peanut butter
- 1 egg
- 1 oz (30 g) low-fat or fat-free cheese
- 1/4 cup low-fat or fat-free cottage cheese
- 1 oz (30 g) lean meat, poultry or fish

**Fats and Oils** ..... Choose \_\_\_\_\_ of:

- 1 tsp margarine (non-hydrogenated)
- 1 tsp olive or canola oil
- 1 tbsp low-fat salad dressing
- 1 tbsp fat-free sour cream

**Lower carbohydrate vegetables**  
(raw, grilled, cooked or soup) 1 to 2 cups

- |                           |               |              |
|---------------------------|---------------|--------------|
| • alfalfa sprouts         | • cauliflower | • mushrooms  |
| • asparagus               | • celery      | • radishes   |
| • beans<br>(green/yellow) | • cucumber    | • sauerkraut |
| • broccoli                | • eggplant    | • spinach    |
| • brussels sprouts        | • kale        | • tomato     |
| • cabbage                 | • lettuce     | • zucchini   |

Drink water, tea, coffee, diet pop,  
Mio® or Crystal Light® as desired.

# The Plate Method to help you plan your supper meals

Before you put food on your plate, in your mind divide your plate into 3 parts:

- Make up  $\frac{1}{2}$  of your plate with vegetables. Vegetables contain fibre, plenty of vitamins and minerals, and are low in calories.
- Make up  $\frac{1}{4}$  of your plate with grains and starches such as rice, noodles potatoes, peas, beans or lentils – about the size of your fist.
- Make up the other  $\frac{1}{4}$  of your plate with meat and alternatives such as fish, lean meats, low fat cheeses, eggs or tofu – about the size of the palm of your hand.
- Have a glass of milk and/or a piece of fruit to complete your meals.

