

TAKE CHARGE OF YOUR NUTRITION

Managing your diabetes starts with breakfast

YOU'VE LIKELY HEARD THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. BUT DID YOU KNOW:

Skipping breakfast can lead to eating more added sugar and calories during the day for people living with diabetes.¹

OR

If you do eat breakfast, choosing foods with high glycemic index carbohydrates can cause a higher blood sugar response after the meal.¹

SO, WHAT CAN YOU DO?
CHOOSE A BREAKFAST WITH:



Low glycemic index
carbohydrates



Protein



Fibre

IDEAS FOR HEALTHY BREAKFAST ON THE GO



Yogurt and fruit



Oats



Glucerna®



Toast with
peanut butter



Apple and egg



Banana and cheese



Glucerna®
breakfast smoothie

Glucerna® is designed for people with diabetes.
Scan here for recipes, including the Glucerna® breakfast smoothie!





GLUCERNA®: DESIGNED FOR PEOPLE WITH DIABETES

COMPLETE, BALANCED NUTRITION®

- ✓ Low glycemic index carbohydrates[†]
- ✓ High in protein
- ✓ High in fibre



AVAILABLE IN 4 DELICIOUS FLAVOURS:[§]



Vanilla



Chocolate



Strawberry



Mixed Berry



SIGN UP FOR FREE



Up to \$100[†] in discounts and special offers



Support and advice to help manage your diabetes



Diabetes-friendly recipes and meal plans created by registered dietitians

[†] Only Glucerna® Vanilla flavour has been tested. All other flavours have a nutritional profile similar to the Vanilla flavour.

[‡] Diabetes-specific oral nutritional supplement category.

[§] Natural and artificial flavours.

[¶] Assuming participation over a 3-year period. The nature and value of actual offers may vary.

Reference: 1. Kelly OJ, et al. 2018. Dietary intake trends associated with breakfast skipping in US adults by diabetes status. *Diabetes*. 68(Suppl 1):Poster 1577-P.

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