

Nutrition to help manage your diabetes and weight



What is a meal replacement?

Meal replacements are foods that you can eat or drink as an alternative to or as part of your normal meals. They are a quick and easy way to get the nutrition you would get from a complete meal. Here are some examples:



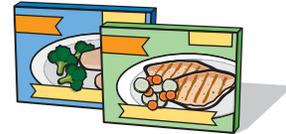
Shakes



Bars



Ready-to-mix powders



Prepackaged meals

Why should I use a meal replacement?

Meal replacements are calorie and portion controlled. This helps you know how much food you put in your body. They take the guesswork out of meal planning for you, and they're easy to grab when you're on the go. You get vitamins, minerals, and other nutrients you need. People with diabetes should look for meal replacements that are specially made to help manage blood sugar.

Can meal replacements help me manage my weight?

Meal replacements can be a great addition to a well-balanced diet. They may help you reach and maintain your weight loss goals.

“Use of meal replacements once or twice daily to replace a usual meal can result in significant weight loss,” according to the American Diabetes Association.¹

Can meal replacements help me manage my diabetes, too?

The *right* meal replacement can help you manage your weight, control your blood sugar, and provide proper nutrition...all in one meal. Read nutrition labels. Meal replacements for people with diabetes should:

- **have “good” carbohydrates that break down slowly to help keep your blood sugar steady**
- **have less than 350 calories**
- **be rich in protein**

How should I use meal replacements?

Meal replacements may be used in place of 1 or 2 meals, or instead of a high-fat, high-sugar snack when trying to manage weight. But they shouldn't be used as your only nutrition source throughout the day. They can be used with other foods such as fruits, vegetables, whole-grain crackers, nuts, fat-free milk, and light yogurt.

How should I use meal replacements? (continued)

Sample meal plan

Here's an example of a nutritious meal plan that includes meal replacements (approximately 1,500 calories):

Breakfast

Shake
1/2 cup blueberries



Snack #1

1 small apple
1 Tbsp peanut butter



Lunch

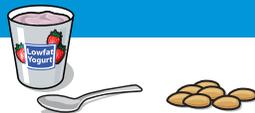
Roasted chicken sandwich:
2 oz chicken breast, roasted
2 slices whole-grain bread
1 Tbsp mustard

Small side salad:
1/2 cup iceberg lettuce
1/2 cup cucumber
1/2 cup carrots
2 Tbsp fat-free salad dressing



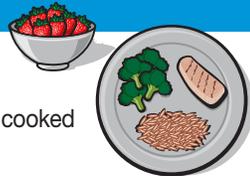
Snack #2

1/4 cup almonds
6 oz light yogurt



Dinner

Salmon over rice:
2 oz salmon filet, grilled
2/3 cup long-grain brown rice, cooked
1/2 cup steamed broccoli
1 1/4 cup whole strawberries



Snack #3

Bar



Use meal replacements:

- **Instead of skipping breakfast.** Studies show that eating breakfast can help you manage weight, control hunger, and steady blood sugar levels. So, grab a shake or bar on your way out the door
- **With lunch or dinner.** For example, you might have a bar or shake plus an apple for lunch
- **Rather than snacking from the vending machine.** Carry a shake or bar to eat when you get hungry between meals

Weight loss tips



1. Don't skip meals
2. Use a small plate to help limit your portions
3. Replace 1–2 meals each day with calorie- and portion-controlled meal replacements
4. Track what you eat in a journal or by using a smartphone application
5. Slowly add 30 minutes of moderate exercise (like walking) into each day's activities*
6. Set reasonable weight loss goals (for example, 1–2 lb per week)

Remember that everyone's needs are different. Talk to your registered dietitian or other healthcare provider to learn the best way to make diabetes-appropriate meal replacements part of your diet.

Meal replacements should be used as part of a diabetes management plan that includes good nutrition and physical activity.

*Check with your doctor before starting an exercise program.

Reference: 1. American Diabetes Association. Nutrition Principles and Recommendations in Diabetes. Available at: http://care.diabetesjournals.org/content/27/suppl_1/s36.full. Accessed January 20, 2011.

Developed in collaboration with:

