

# The Critical Role of Nutrition in Diabetes Management



### Managing Blood Sugar Levels Is Important for Reducing the Risk of Complications<sup>1</sup>

**Eye damage:** damage to the blood vessels of the retina, potentially leading to blindness. Increased risk of other serious vision conditions, such as cataracts and glaucoma.

### Cardiovascular disease:

including angina, heart attack, stroke and atherosclerosis.

Foot damage: nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications.

**Kidney damage:** can lead to kidney failure or irreversible end-stage kidney disease, which may require dialysis or a kidney transplant.

**Nerve damage:** can result in the loss of all sense of feeling in the affected limbs.

### Hearing impairment: more

common in people with diabetes.

### Skin conditions:

increases susceptibility to skin problems, including bacterial and fungal infections.

### Stable Blood Glucose Is Key<sup>2,3</sup>

Weight management and good nutrition can help adults with diabetes manage their condition by keeping blood glucose levels in the target range. It can also help those with prediabetes reduce the risk of developing the disease.

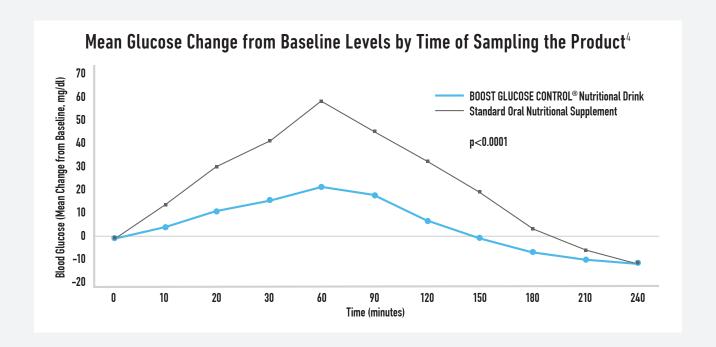
Monitoring carbohydrate intake, whether by carb counting or experience-based estimation, remains a key strategy for managing blood sugar levels.

#### Key risk factors for diabetes include:

- Having prediabetes
- · Being overweight or obese
- Age 45 years or older
- · Limited physical activity

### **Diabetes-Specific Nutrition Supports Blood Glucose Management**

BOOST GLUCOSE CONTROL® Drink is clinically shown to produce a lower blood sugar response vs. a standard nutritional drink in adults with type 2 diabetes.4



## **BOOST GLUCOSE CONTROL® Balanced Nutritional Drink**

Nutrition designed for people with diabetes



### **Clinically Shown**

to produce a lower blood sugar response vs. a standard nutritional drink

### 16 g High-Quality Protein

to help maintain muscle and manage hunger

### 1 Carb Choice

with 16 g carbohydrates, including 4 g sugars

### **25 Vitamins & Minerals**

to help meet daily nutritional needs

### **Gluten Free**

and suitable for people with gluten sensitivity or celiac disease

### **Delicious Flavors**

Rich Chocolate, Very Vanilla and Creamy Strawberry

Incorporate BOOST GLUCOSE CONTROL® Nutritional Drink into a balanced diet as part of a medically supervised diabetes management plan.