

Taking Charge of Your Diabetes

Learning about diabetes can help you make healthy lifestyle choices and help you manage your diabetes. Set goals for your blood glucose levels, eat according to a healthy meal plan, increase your physical activity and learn as much as possible about diabetes. It is important to recognize that you may need to add pills and/or insulin to your lifestyle changes to achieve your blood glucose targets. A blood glucose meter helps you keep track of your blood glucose levels.

Diabetes requires a great deal of self-management and discipline. Organizations, like the Canadian Diabetes Association, along with healthcare professionals and registered dietitians are available to help you.

Small changes can make a big difference

Regular physical activity helps:

- your body lower blood glucose levels
- reduce risk of heart disease
- you lose and keep weight off
- reduce stress
- enhance overall fitness

Small amounts of activity worked into your daily routine help:

- 10 minutes walking the dog or walking home from the bus stop
- 10 minutes of raking, shoveling, mowing or vacuuming
- 10 minute stretch break
- 20 minute brisk walk after dinner

If you have type 2 diabetes, aim to do at least 150 minutes (or 2 ½ hours) of moderate aerobic activity each week. Start out with a bit each day and build up. People with diabetes should also perform resistance exercises (such as lifting weights) three times per week.

Healthy eating

What, when and how much you eat all play an important role in regulating how well your body manages blood glucose levels. Timing of meals is important. In order to allow the body to use up carbohydrates most efficiently, the goal is to eat a meal or snack every 4 to 6 hours.

There are 2 components you need to consider for healthy eating:

- **Carbohydrate content** – important in terms of blood glucose management
- **Portion sizes** – influences the total calories eaten and important for weight management and heart health

Healthy eating tips using low glycemic index

- Prepare dishes with beans such as chili, soups and salad.
- Eat whole grain, pumpernickel and oat bran bread more often than white bread.
- Eat fresh fruit. Fruits have a low glycemic index, so they break down into sugar slowly in your body.
- Eat parboiled, brown or white rice instead of instant rice.
- Eat pasta, rice, yams, lima beans or baked potatoes more often than mashed, boiled or instant potatoes.

Enjoy the foods you love.... Again

Enjoy the sweet taste of foods and beverages you love with fewer calories and carbohydrates. Sucralose, the no calorie sweetener in SPLENDA® products, is not a carbohydrate and has been shown in studies to have no effect on blood glucose levels or insulin levels. It is not recognized by the body as sugar or a carbohydrate. Therefore, it is not broken down for energy and provides no calories.

SPLENDA® No Calorie Sweetener products contain SPLENDA® Brand Sweetener (sucralose) and small quantities per serving of food bulking ingredients commonly found in other no calorie sweeteners. These bulking ingredients contribute less than 5 calories and 1 gram carbohydrate per serving. Foods with less than 5 calories per serving meet the Health Canada standards for no calorie foods.



The Glycemic Index¹

This is a measure of the degree by which blood glucose rises in response to a given food. Foods with a low glycemic index may help improve blood glucose control, so choose them more often.

LOW GLYCEMIC INDEX FOODS (55 or less)

Choose most often

Skim milk	All-Bran™
Plain yogurt	Converted rice
Soy beverage	Parboiled rice
Pumpernickel bread	Sweet potato
Oat bran bread	Chick peas
Al dente (firm) pasta	Lentils
Apple	Kidney beans
Plum	Baked beans
Orange	

MEDIUM GLYCEMIC INDEX FOODS (56-69)

Choose more often

Banana	New potatoes
Pineapple	Oatmeal
Raisins	Popcorn
Split pea soup	Brown rice
Green pea soup	Couscous
Rye bread	Basmati rice
Whole wheat bread	Shredded wheat cereal

HIGH GLYCEMIC INDEX FOODS (70+)

Choose less often

Watermelon	Rice Krispies™
Dried dates	Cheerios™
Jellybeans	Corn Flakes™
Parsnips	Bagel, white
Rutabaga	Soda crackers
Instant rice	French fries
Baked white potato	Instant mashed potatoes

For more information please visit www.diabetes.ca

1. Canadian Diabetic Association; Nutrition: Glycemic Index – The Index in Depth. www.diabetes.ca





SPLENDA® Brand Products can help you reduce the amount of calories and sugar in your diet. And they contain the sweetening ingredient sucralose – a healthy alternative to sugar.

Made from sugar, tastes like sugar, but it's not sugar

SPLENDA® Brand Sweetener (sucralose) is made from a process that starts with sugar. It is not recognized by the body as a carbohydrate or broken down for energy and thus has no calories. Sucralose is the sweetening ingredient in SPLENDA® No Calorie Sweetener products.

Ideal for the whole family

Sucralose has an excellent safety profile as proven in over 100 studies done over the past 20 years. It can be used by the whole family including people with diabetes, women who are pregnant or nursing, and children of all ages.

Use almost anywhere sugar is used

- SPLENDA® No Calorie Sweetener Granulated measures cup for cup like sugar. SPLENDA® Granulated can be used in most recipes to replace sugar for cooking and baking.
- SPLENDA® packets are great for sweetening beverages and for sprinkling on food, such as cereal and fresh fruit.

Cooking and baking with SPLENDA® Granulated

All recipes from the SPLENDA® kitchens have been developed for optimal results and require no modification. SPLENDA® cooking properties are different from sugar. The following tips may be helpful if you wish to adapt your favourite recipes.

- Baked goods made with SPLENDA® Granulated bake more quickly than those made with sugar. Check for doneness a bit earlier than the original recipe states.
- To help achieve a more golden colour when baking with SPLENDA® Granulated, lightly spray the batter or dough with cooking spray just before placing in the oven.
- To achieve a better rise, try adding 1/2 cup (125 mL) of non-fat dry milk powder and 1/2 tsp (2 mL) of baking soda for every 1 cup (250 mL) of SPLENDA® Granulated.
- All fresh baked goods are best eaten within 24 hours. To keep baked goods made with SPLENDA® Granulated longer, wrap well and freeze.
- SPLENDA® Granulated will not activate yeast. Maintain at least 2 tsp (10 mL) of sugar in recipes calling for yeast and replace the remaining sugar with SPLENDA® Granulated.



FAQs Frequently Asked Questions

Q. What is SPLENDA® Brand Sweetener?

A. The brand name for the ingredient sucralose. Sucralose is made through a patented process that starts with sugar and converts it to a no calorie, non-carbohydrate sweetener with no unpleasant aftertaste. Sucralose is made from sugar, tastes like sugar, but it's not sugar.

Q. Can SPLENDA® Brand Sweetener be used safely by the whole family?

A. Yes. It can be safely used by the whole family. The safety data on sucralose has been reviewed by Health Canada, the U.S. Food and Drug Administration (FDA) and other national regulatory agencies, as well as by international health authorities such as the World Health Organization.

Q. How can SPLENDA® Brand Sweetener have no calories?

A. After it is consumed, sucralose passes through the body without being broken down for energy, so it has no calories and the body does not recognize it as a carbohydrate.

Q. What is the role of SPLENDA® No Calorie Sweetener in a healthy diet?

A. SPLENDA® No Calorie Sweetener may be used as part of a healthy diet that includes a variety of nutritious foods in moderate portions by helping to reduce the total number of calories. It helps meet the demands for good tasting foods and beverages by reducing calorie and sugar intake without sacrificing great taste.

Makes: 8 servings

Preparation Time: 15 minutes

Cranberry Walnut Muffins

- 1/4 cup (60 mL) fat-free sour cream
- 1 tbsp + 1 tsp (15 mL + 5 mL) reduced calorie margarine
- 1/4 cup (60 mL) egg substitute or 1 egg
- 1/4 cup (60 mL) chopped walnuts
- 1 cup (250 mL) chopped fresh or frozen cranberries
- 1/2 cup (125 mL) SPLENDA® Granulated
- 1 1/2 cups (375 mL) all purpose flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) cinnamon
- 1/2 cup (125 mL) unsweetened orange juice

Directions: Preheat oven to 375°F (190°C). Spray 8 cups of a 12-cup muffin pan with butter-flavoured cooking spray. Set aside. •Mix SPLENDA® Granulated, flour, baking powder, baking soda, and cinnamon together in a medium-sized mixing bowl. Set aside. •Mix orange juice, sour cream, margarine and egg substitute (or egg) together in a small mixing bowl. Add liquid mixture to dry mixture. Mix gently to combine. Add walnuts and cranberries and stir until just blended. •Spoon batter into 8 muffin cups. Bake in preheated 375°F (190°C) oven 15-20 minutes or until a toothpick inserted in the centre comes out clean.



Nutritional Information per serving

Calories	150
Protein	4 g
Fat	4 g
Carbohydrates	24 g



For more information and recipes call 1-800-561-0070 or visit www.splenda.ca