

MANAGING SICK DAYS AND DIABETES



IT IS IMPORTANT TO EAT AND DRINK NORMALLY WHEN YOU ARE SICK, TO HELP PREVENT AN EMERGENCY VISIT.

If your appetite is low, make sure that you have at least 15 grams of carbohydrate every hour to prevent hypoglycemia.

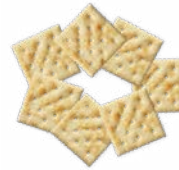
EXAMPLES OF 15 G OF CARBS



125 mL (½ CUP) OF JUICE



125 mL (½ CUP) OF APPLESAUCE



7 SODA CRACKERS



115 mL (½ BOTTLE) OF GLUCERNA®

GLUCERNA® PROVIDES COMPLETE, BALANCED NUTRITION FOR PEOPLE WITH DIABETES



Has a low glycemic index[†], which helps reduce blood sugar response^{1‡}



Contains 26 vitamins and minerals



High in protein and fibre

Learn more at glucerna.ca



NOTES:

HEALTH CARE PROFESSIONAL: _____

EMAIL/PHONE: _____

Reference: 1. Sievenpiper JL et al. *Can J Diabetes* 2018;42:S64-S79.

[†] Applies to Glucerna® nutritional drink, Vanilla flavour. Other flavours have a similar nutrition profile to Vanilla.
[‡] Replacing higher glycemic index foods or drinks with lower glycemic index foods or drinks decreases glycemic response.

Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Can J Diabetes*. 2018;42(Appendix 8):S316.

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