

	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Diabetes-specific formula	NUTREN® Diabpro	210ml water + 7 scoops (55g)
	Carbohydrate	Boiled Sweet Potato	1 pc (4cm dia x 9cm)
MORNING SNACK	Carbohydrate, Fat	Cheese Cupcake	2 pcs (5.5cm dia x 3cm)
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Stir fried Sitaw with Ground Pork Onion, Sitaw, Tomato Lean Pork, Ground Boiled Rice* Tropical Fruit Cocktail	½ cup 2 matchbox sizes 1 cup ¼ cup
	Medium Fat Meat Vegetable Carbohydrate Fruit	Mushroom Omelette Chicken Egg Mushroom Wheat Bread Lemon Juice	1 pc ½ cup 1 ½ pcs ½ cup juice + water
DINNER	Vegetable Lean Meat Carbohydrate Fruit	Sinigang na Bangus Sitaw, Onion, Tomato, Kangkong, Okra, Radish Bangus Boiled Rice* Rambutan	1 cup 1 slice (4.5x6x1.5cm) 1 cup 5 pcs (3.5cm dia x 4.5cm)
	Diabetes-specific formula	NUTREN® Diabpro	210ml water + 7 scoops (55g)
BEDTIME SNACK			

1800 CALORIES

Carbohydrates 280g
Protein 70g
Fat 50g



**210ml water
+ 7 scoops (55g)
= 250kcal**

**Try to choose brown rice over white rice; wheat bread over white bread*

	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Diabetes-specific formula Carbohydrate, Fat	NUTREN® Diabpro Pancake	210ml water + 7 scoops (55g) 1pc (10cm dia x 1cm)
MORNING SNACK	Carbohydrate Fat	Corn on Cob Light Butter	1 pc (12.5x4cm) 2 tsp
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Pork and Langka Guisado with Coconut Cream Langka, Onion, Tomato Lean Pork Boiled Rice* Watermelon	½ cup 2 matchbox sizes 1 cup 1 slice (11.5x2.5x9cm)
AFTERNOON SNACK	Carbohydrate, sugar Fruit	Pichi-pichi with Sugar Buko Juice	1 pc (5cm dia), 1tsp 1 cup
DINNER	Vegetable Lean Meat Carbohydrate Fruit	Beef with Mushroom Mushroom, Sitsaro, Onion Lean Beef Boiled Rice* Ripe Papaya	1 cup 2 matchbox sizes, sliced 1 cup 1 slice (16x4.5x2cm)
BEDTIME SNACK	Diabetes-specific formula	NUTREN® Diabpro	210ml water + 7 scoops (55g)

1800 CALORIES

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Protein 70g
Fat 50g



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**Try to choose brown rice over white rice; wheat bread over white bread*

	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Vegetables Carbohydrate Medium Fat Meat Fruit	Fried Rice Mixed Vegetables Boiled Rice Scrambled Egg Banana, Lakatan	2 tbsp ½ cup 1 pc 1 pc (14x3.5cm)
MORNING SNACK	Diabetes-specific formula Carbohydrate	NUTREN® Diabpro Sponge Cake	210ml water + 7 scoops (55g) 1 slice (7.5x4x4cm)
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Chicken Afritada Carrot, Green Peas, Onion, Bell Pepper Chicken Meat Boiled Rice* Ripe Mango, kalabaw	½ cup 1 slice (5x3x1.5cm) 1 cup ¼ cup
AFTERNOON SNACK	Sugar Carbohydrate	NESCAFÉ Classic, with coconut sugar Brohas	1 cup, 1 tsp 5 pcs (11x3.5cm each)
DINNER	Vegetable Medium Fat Meat Fruit Carbohydrate	Pork Estofado Carrot, Onion Lean Pork Saba, Banana Boiled Rice*	½ cup 1 matchbox size, sliced ½ pc of 12x4.5cm 1 cup
BEDTIME SNACK	Diabetes-specific formula Fruit	NUTREN® Diabpro Dates	210ml water + 7 scoops (55g) 2 pcs (2x2.5cm each)

1800 CALORIES

Carbohydrates 280g
Protein 70g
Fat 50g



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+ 7 scoops (55g)
= 250kcal

**Try to choose brown rice over white rice; wheat bread over white bread*

	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Diabetes-specific formula Carbohydrate, Fat	NUTREN® Diabpro Toast* with Light Butter	210ml water + 7 scoops (55g) 1 ½ pcs, 2 tsp
MORNING SNACK	Carbohydrate, Fat	Hopia (Baboy or Munggo)	2 pcs (5x1.5cm each)
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Steamed Shrimp and Vegetables Carrot, Broccoli, Cauliflower Shrimp, Suwahe Boiled Rice* Ripe Langka	1 cup 8 pcs 1 cup 1 ½ segments
AFTERNOON SNACK	Carbohydrate Fruit	Maja mais Fresh Melon Juice	1 slice (6x4x2.5cm) 1 slice (16x6.5x2cm), grated + water
DINNER	Vegetable Lean Meat Carbohydrate Fruit	Lawuy with Galunggong Sitaw, Kalabasa, Malunggay, Onion, Eggplant, Okra, Patola Galunggong Boiled Rice* Strawberry	1 cup 2 pcs (13x3cm each) 1 cup 1 ¼ cups
BEDTIME SNACK	Diabetes-specific formula	NUTREN® Diabpro	210ml water + 7 scoops (55g)

1800 CALORIES	
Carbohydrates	280g
Protein	70g
Fat	50g

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	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Carbohydrate Medium Fat Meat Sugar Fruit	Pandesal Corned beef guisado NESCAFÉ Classic, with coconut sugar Honeydew	1 ½ pcs (7x6x3.5cm) ¼ cup 1 cup, 1 tsp 1 slice (14x4.5x4cm)
MORNING SNACK	Diabetes-specific formula Carbohydrate, Fat	NUTREN® Diabpro Pianono	210ml water + 7 scoops (55g) 1 slice (8.5x7.5x2cm)
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Adobong Sitaw Sitaw, Onion Lean Pork, Ground Boiled Rice* Pineapple	½ cup 1 matchbox size 1 cup 1 slice (14.5x2.5x4.5cm)
AFTERNOON SNACK	Carbohydrate	Binatog	1 cup
DINNER	Vegetable Lean Meat Carbohydrate Fruit	Chicken and Vegetable Stir Fry Onion, Carrot, Sitsaro, Cabbage, Young Corn Chicken Meat Boiled Rice* Ponkan	1 cup 2 slices (5x3x1.5cm each) 1 cup 1 pc (7cm dia)
BEDTIME SNACK	Diabetes-specific formula	NUTREN® Diabpro	210ml water + 7 scoops (55g)

1800 CALORIES

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Protein 70g
Fat 50g



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	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Diabetes-specific formula Carbohydrate, Fat, Sugar	NUTREN® Diabpro Munggo Bread	210ml water + 7 scoops (55g) 2 slices (8.5x7x1.5cm)
MORNING SNACK	Carbohydrate Fruit	Puto, White Fresh Orange Juice	1 slice (4.5x3.5x5.5cm) 1/3 cup juice + water
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Chicken Curry Onion, Carrot, Bell Pepper Chicken Meat Boiled Rice* Watermelon	½ cup 2 slices (5x3x1.5cm each) 1 cup 1 slice (11.5x2.5x9cm)
AFTERNOON SNACK	Carbohydrate, Fruit, Sugar	Maruya	
DINNER	Vegetable Lean Meat Carbohydrate Fruit	Steamed Broccoli Grilled Bangus Boiled Rice* Red Apple	1 cup 2 slices (4.5x6x1.5cm each) 1 cup 1 pc (6cm dia)
BEDTIME SNACK	Diabetes-specific formula Fruit	NUTREN® Diabpro Pear slices	210ml water + 7 scoops (55g) ½ pc of 7.5cm dia, sliced

1800 CALORIES

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Protein 70g
Fat 50g



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	FOOD GROUP	FOOD ITEMS	AMOUNT/MEASURE
BREAKFAST	Carbohydrate Vegetable Whole milk Lean Meat Fruit	Creamy Chicken Sopas Macaroni Onion, Carrot, Cabbage Carnation Evap Chicken Meat Banana, Latundan	1 cup ½ cup ½ cup 1 slice (5x3x1.5cm), shredded ½ pc (12.5x3cm)
MORNING SNACK	Diabetes-specific formula Carbohydrate	NUTREN® Diabpro Toasted Mamon	210ml water + 7 scoops (55g) 3 pcs (5x1cm dia each)
LUNCH	Vegetable Lean Meat Carbohydrate Fruit	Roast Beef Onion, Carrot, Mushroom, Celery Lean Beef Boiled Rice* Kiwi	½ cup 1 matchbox size, sliced 1 cup 1 pc (5x6cm)
AFTERNOON SNACK	Carbohydrate, Sugar Fruit	Suman sa Ibos Red Apple	1 pc (11x2.5x2.5cm) 1 pc (6cm dia)
DINNER	Vegetable Lean Meat Carbohydrate Fruit	Utan Bisaya Sitaw, Kalabasa, Eggplant, Okra, Patola Fried Galunggong Boiled Rice* Grapes	1 cup 1 pc (13x3cm) 1 cup 5 pcs (2.5cm dia each)
BEDTIME SNACK	Diabetes-specific formula	NUTREN® Diabpro	210ml water + 7 scoops (55g)

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Protein	70g
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DIABPRO

is specifically designed to help CONTROL BLOOD SUGAR LEVELS



LOW GI WITH ISOMALTULOSE

helps to release glucose in a slow and steady way over a longer period of time.



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with a unique glycemic fibre blend to help support glucose control & gut health while optimizing gastrointestinal tolerance.



HIGH-QUALITY PROTEIN BLEND

50% whey & 50% casein helps to feel full longer and control blood sugar levels.



(1) Brand-Miller J, et al. Diabetes Care 2011;141:163S–168S;

(2) Li D, et al. Nutrients 2015;27:387–393;

(3) Opperman AM, et al. Br J Nutr 2004;92:367–381

(4) Pal S, et al. J Am Coll Nutr 2008;27:387–393.

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