

Glucerna.

Smart nutrition for people with diabetes.™

Products

Smart Nutrition

Diabetes Control for Life

Cereal

Shakes

Snack Shakes

Mini-Snack Bars

Snack Bars

Meal Bars

FAQ

Where to Buy

Shakes



Creamy Chocolate Delight

Homemade Vanilla

Strawberries 'n Cream

Butter Pecan

Enjoy Creamy, Delicious Glucerna® Shakes!



Glucerna Shakes and Bars were awarded the 2007 ChefsBest™ Award for Best Taste. The ChefsBest Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.



Try the #1 doctor-recommended liquid nutritional product for people with diabetes.*

- Taste the **improved recipe.**
- Pick up the **go-anywhere bottle.**
- Take Glucerna Shakes with you **wherever you go.**

There's a Glucerna product for any time, every day, as part of your diabetes management plan.

The Smart Nutrition in Glucerna Shakes

- A unique blend of carbohydrates clinically shown to help minimize blood sugar spikes.
- Offers 27

Reading a Nutrition Facts Panel on Food Labels

Almost all foods now display a nutrition facts label. Today's labels are easier to read, but still can be confusing. Here is a quick guide to assist you in making informed food choices that contribute to a healthy diet and lifestyle.

Serving Size

Pay attention to the serving size, including how many servings there are in the food package. The size of the serving listed on the food package determines all of the nutrient amounts listed on the remainder of the label. If you consume a portion size different from the one indicated, you will need to calculate the actual amount of nutrients consumed.

Servings Per Container

The number of servings in this container. Please note that the serving size indicated on a package label is not necessarily the appropriate serving size for you. If you consume a portion different than the serving size indicated, you will need to calculate the actual amount of nutrients consumed.

Calories

The calories for one serving. Make sure you understand how many servings are in this container (see the label information "Serving Size") as well as the size of designated serving. If you consume a portion size different than the

[Nutrition Facts](#) [Vitamins and Minerals](#) [Ingredients](#)

Glucerna Shake — Creamy Chocolate Delight

Roll over for detailed nutrition information.

Nutrition Facts

[Serving Size](#)

1 can (8 fl oz)

Amount Per Serving

[Calories](#) 200 [Calories From Fat](#) 60

% Daily Value*

Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol <5mg	<2%
Sodium 210mg	9%
Potassium 400mg	11%
Total Carb. 27g	9%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 10g	20%

*Percent Daily Values (DVs) are based on a 2,000 Calorie diet.

Glucerna Shake — Creamy Chocolate Delight

WATER, CORN MALTODEXTRIN, SODIUM AND CALCIUM CASEINATES, SUCROMALT, GLYCERINE, ENOVA OIL™ (DIACYGLYCEROL OIL), SOY PROTEIN ISOLATE, COCOA POWDER (PROCESS WITH ALKAL), FRUCTOSE,

vitamins and minerals for Complete, Balanced Nutrition®.

- Provides 100% of the Daily Value for vitamin C.
- An excellent source of plant-based omega-3 fatty acids providing 400 mg/8 fl. oz. (25% of the 1.6g Daily Value) to help support circulatory and heart health.
- Only Glucerna Shakes contain chromium picolinate to help your body's own insulin work better.†
- Lactose- and gluten-free

*Among doctors who recommend liquid nutritional supplements to their patients with diabetes.

†Among diabetic nutritional shakes

[Discover how the innovative science behind Glucerna Shake helps you manage your diabetes.](#)

Glucerna Shakes Fit Your Meal Plan

Morning Meal
Enjoy a chilled Glucerna Shake at home or even on the way to work.

Coffee Delight
Create a gourmet treat by flavoring your chilled Glucerna with instant coffee.

Good-Night Goodies

servings size indicated, you will need to calculate the calories you consume.

Calories From Fat

The calories from fat for one serving. The two numbers on this line can be confusing. Note that "calories" indicates the total number of calories in one serving of this food. Calories from fat is a portion of the total calorie amount, not in addition to the total calories. This number is found by multiplying the grams of fat times 9, because there are 9 calories per gram of fat.

% Daily Value

This part of the nutrition facts panel tells you whether the nutrients (fat, sodium, fiber, etc.) in a serving of food contribute a lot or a little to your total daily diet. By "diet," we mean all the different foods and beverages you consume in a day.

Percent Daily Values (% DVs)

Based on recommendations for a 2,000-calorie diet. For labeling purposes, the Food and Drug Administration (FDA) set 2,000 calories as the reference amount for calculating % DVs. The % DV shows you how much of the recommended daily amount of a nutrient is in a serving of food. By using the % DV, you can tell if this amount is high or low. Like most people, you may not know how many calories you consume in a day, but you can still use the % DV as a frame of reference, whether or not you eat more or less than 2,000 calories each day.

Total Fat

The fat grams for one serving. Each gram of fat has 9 calories. Eating fat, especially saturated fat, may increase your risk of certain chronic diseases, such as heart disease, some cancers, and high blood pressure. Eating too much fat, and therefore too many calories, is linked to weight gain and obesity. The American Heart Association® (AHA) recommends that everyone limit total daily fat consumption to 30 percent or less of daily calories. For example, a person who consumes 1,800 calories per day should limit fat calories to 540, or 60 grams of fat (each gram of fat has 9 calories). In comparison, the average daily fat intake for males is 96 grams and 67 grams for females.

LESS THAN 1% OF: CANOLA OIL, NATURAL AND ARTIFICIAL FLAVORS, PLANT STEROL ESTERS, CALCIUM PHOSPHATE, HIGH OLEIC SAFFLOWER OIL, MAGNESIUM CHLORIDE, SODIUM CITRATE, SOY LECITHIN, POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, CHOLINE CHLORIDE, ASCORBIC ACID, CARRAGEENAN, ACESULFAME POTASSIUM, FERROUS SULFATE, DI-ALPHA-TOCOPHERYL ACETATE, ZINC SULFATE, SUCRALOSE, NIACINAMIDE, CALCIUM PANTOTHENATE, CHROMIUM PICOLINATE, MANGANESE SULFATE, CUPRIC SULFATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE CHLORIDE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, BIOTIN, SODIUM MOLYBDATE, POTASSIUM IODIDE, SODIUM SELENATE, PHYLLIOQUINONE, VITAMIN D3, AND CYANOCOBALAMIN.

CONTAINS MILK AND SOY INGREDIENTS; GLUTEN- AND LACTOSE-FREE

Glucerna Shake — Creamy Chocolate Delight

Glucerna Shake — Creamy Chocolate Delight

Vitamin A 25% • Vitamin C 100% • Calcium 25% • Iron 25% • Vitamin D 25% • Vitamin E 25% • Vitamin K 25% • Thiamin 25% • Riboflavin 25% • Niacin 25% • Vitamin B₆ 25% • Folate 25% • Vitamin B₁₂ 25% • Biotin 25% • Pantothenic Acid 25% • Phosphorus 25% • Iodine 25% • Magnesium 25% • Zinc 25% • Selenium 25% • Copper 25% • Manganese 25% • Chromium 170% • Molybdenum 35% • Chloride 10% • Choline 25%

Try a Shake as a great alternative to ice cream.

Saturated Fat, Polyunsaturated Fat, Monounsaturated Fat, Trans Fat

These are the four main types of fat in food. While they all have 9 calories per gram of fat, each type of fat behaves quite differently in the body. Saturated and trans fats are the most undesirable types of fats, as they raise blood cholesterol and, therefore, contribute to coronary artery disease. Both polyunsaturated and monounsaturated fats are better choices when it comes to heart health. When substituted for saturated fat, both may help lower blood cholesterol levels. Polyunsaturated fat and monounsaturated fat are optional on a nutrition facts panel.

To track how much saturated and trans fat you are consuming, record the grams of saturated and trans fat for the foods you eat daily. The amount of saturated and/or trans fat should not be more than 7 percent of your total calories.

Example of how to calculate daily percent of calories from saturated fat:

Your daily saturated fat gram total = 30 grams
 9 calories per gram of fat = $9 \times 30 = 270$ calories
 Your daily calorie intake = 2,000
 $270 \text{ calories} / 2,000 \text{ calories} = 0.135$
 $0.135 \times 100 \text{ percent} = 13.5 \text{ percent}$ (above the recommended 7 percent level)
 Cholesterol

Cholesterol is a waxy, non-calorie-containing substance found in foods that come from animals (meat, eggs, milk, cheese, poultry, seafood, etc.). Cholesterol found in food does not automatically become cholesterol in the bloodstream; the higher foods are in cholesterol, the greater the chance that some of it will turn into blood cholesterol. People without a history of heart disease and who do not have an elevated blood cholesterol level should limit daily cholesterol intake to 300 milligrams. Those who have a history of heart disease and/or an elevated cholesterol level should limit dietary cholesterol to 200 milligrams each day; a consultation with a registered dietitian can also be helpful.

Sodium

The amount of sodium in one serving. Sodium is just one component of table salt, which

Glucerna Shake provides 2 carb choices or, if using the exchange system for meal planning, Glucerna Shake provides 1 starch, 1 low-fat milk, and 1/2 fat.

Calculated using "Exchange Lists for Meal Planning," American Diabetes Association® and American Dietetic Association, 2003.

Nutritional information for other Glucerna Shake flavors may vary. See package labels for details.

is also called sodium chloride. A food can have sodium even if it does not contain sodium chloride; this is because sodium is an ingredient used in many types of food additives.

It is generally recommended that people (especially those with hypertension) consume no more than 2,300 milligrams of sodium daily.

Knowing the sodium content of a food you eat allows you to balance total daily sodium intake: After choosing a higher-sodium food, you can make a conscious effort to choose a lower-sodium food.

Total Carbohydrates

The amount of carbohydrates in one serving. The majority of your carbohydrate calories should come from foods rich in carbohydrates, such as fruits, vegetables, whole-grain foods, and legumes (such as lentils and black beans).

Most people should determine how the carbohydrate amount contributed by each food fits into their meal plan and daily total of carbohydrate intake.

Dietary Fiber

The amount of dietary fiber in one serving. The Daily Value (% DV) shows how the recommended amount of dietary fiber in one serving of the food compares to 25 grams, the amount of fiber for the 2,000-calorie reference diet.

Americans often don't get enough dietary fiber. (On average, men eat 18 grams of fiber daily; women eat 14.) Eating enough fiber could improve your health and may help reduce the risk of some diseases and conditions. For example, adequate fiber intake may help control blood glucose levels in people with diabetes. Most people should determine how the carbohydrate amount contributed by any particular food fits into their daily total.

Sugars

Sugars listed on the nutrition facts panel include naturally occurring sugars (such as those in fruit, whole grains, and milk), as well as those added to a food or drink. Check the ingredients list for specific sources of added sugars. Note that sugars are part of the carbohydrate total.

Protein

The amount of protein in one

serving. Current scientific evidence indicates that protein intake is not a public health concern for healthy adults and children older than 4 years of age.

It is generally recommended that protein should be 10 to 20 percent of total calories. Although most people get plenty of protein, more protein may be needed following surgery, in people who have certain diseases, and in elderly people. Most healthy men need about 44 to 60 grams of protein daily; women need about 36 to 56 grams. People with kidney problems should talk to their doctor or dietitian about the appropriate protein intake.

"It's nice, it's crisp, it's smooth... it tastes very good."
— Carolyn (watch her video) 



Use Glucerna products under medical supervision as part of your diabetes management plan.

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