

# NUTRITION NEWS & NOTES

## New Options Available For People With Diabetes Feeling Left Out At The Breakfast Table

(NAPSA)—According to a new online survey, people with diabetes may experience ‘breakfast envy,’ (feeling left out and envious) when they see friends and family eating traditional breakfast foods—like sweetened cereals and pastries. These are foods they’d like to eat, but know they are not ideal choices for people with diabetes.

The recent national online survey of 505 people with type 2 diabetes found that more than eight in ten (83%) reported feelings of breakfast envy, and 80 percent want more variety of diabetes-friendly breakfast options. Surprisingly, 49 percent admitted to eating something for breakfast they knew would spike their blood sugar because they simply wanted their favorite breakfast food.

Missing breakfast altogether is not the solution. Other research shows that people who skip breakfast have a 4.5 times greater risk for obesity. According to the Glucerna Breakfast Survey, missing breakfast can also have consequences beyond being hungry:

- 58 percent of people reported having less energy
- 42 percent eat more during the rest of the day
- 38 percent experience drops in their blood sugar level when medication is taken on an empty stomach and 34 percent become cranky.

“With the early morning havoc of getting ready for work or school, preparing and eating breakfast can sometimes be a challenge, but skipping breakfast can have negative effects on blood sugar and energy levels,” said Robyn Webb, MS, LN, nutrition-



ist, chef, and author of more than 10 healthy and diabetes-related cookbooks. “But it is possible to have a balanced breakfast with a minimal amount of planning. Now there is a new Glucerna Cereal, created specifically for people with diabetes that’s both convenient and great tasting.”

The new Glucerna Cereal is clinically shown to help minimize blood sugar spikes better than a leading corn flake cereal and contains a trace mineral, chromium picolinate, that helps the body’s own insulin work more efficiently.

Glucerna products are for use under medical supervision as part of a diabetes management plan.

### Good News for People with Diabetes

Weight management through a combination of diet and exercise is key to controlling diabetes long term. Abbott sponsors Diabetes Control for Life, a comprehensive, customizable program for people with diabetes. This free online program provides materials and tips on nutrition, physical activity and lifestyle, including customizable meal and fitness plans and more. For more information, visit [www.diabetescontrolforlife.com](http://www.diabetescontrolforlife.com).