

JULY

OUR DIETITIANS ANSWER COMMON TYPE 2 DIABETES QUESTIONS

# GET INSPIRED

by JENNY CRAIG

JULY 2019  
JENNYCRAIG.COM.AU

WINTER WARMER  
APPLE CINNAMON

*Cookie  
Crumble*

jenny  
CRAIG®



# Diabetes Week

In this edition of **GET INSPIRED**, we're getting the winter woolies out and getting warm and cosy during these cooler months.

This issue features our favourite winter warmers, in the form of hearty, satisfying soups for lunch. Jam-packed with your favourite winter veggies, nothing beats a soup when it's cold and wet outside. And if you're craving an apple crumble to add to your menu, we have a special guest recipe from one of our Jenny Craig consultants for you! (Hint, it's made with our yummy Cinnamon Cookie!)

It's also National Diabetes Week (14th July – 20th July). On page 4, our dietitians answer some frequently asked questions about type 2 diabetes.



## Staff Recipe!

Jenny Craig Castle Hill Consultant  
Linda has devised this satisfying dessert,  
perfect for chillier days. We love it!

**Linda's Apple Cinnamon  
Cookie Crumble, recipe p. 7**



# MEET *Michael* NOW

*Then*



When Michael's type 2 diabetes was becoming unmanageable with tablets alone, it inspired a transformation. He shares his story with us.

In 2013 I was diagnosed with diabetes type 2, taking 4 tablets a day trying to stabilise my sugar levels, but finding it hard because of my bad eating habits.

I put on more weight over the years, to the point where my doctor was thinking of putting me on Insulin. Instead he increased my tablets to 7 a day, which made me feel worse about my health.



*Now*

*Michael*  
**LOST 14KG<sup>\*</sup>**  
**IN 20 WEEKS**



\*Individual results may vary

So, my sister and I discussed what we can do to help me lose weight and become healthy again, and we decided to join Jenny Craig together.

It has been 4 months since we joined, and I have lost 14 kilos so far. My diabetes has stabilised and I'm only taking 2 tablets a day and feeling fit and healthy again.

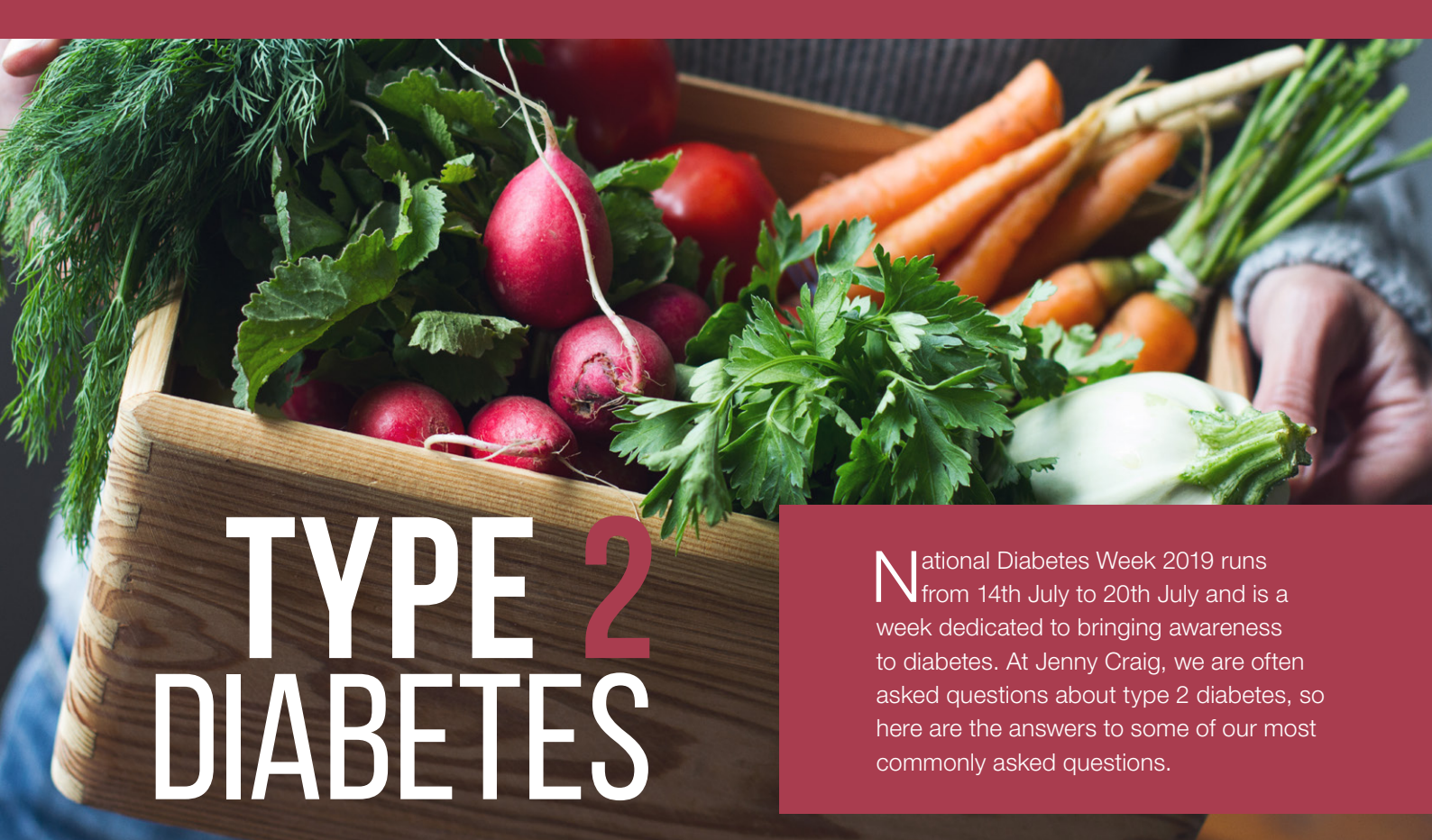
**“ THE JENNY CRAIG PROGRAM HAS  
CHANGED MY LIFE FOR THE BETTER ”**

Thanks to the Jenny Craig program and the support from the staff and Consultant Maria, I'm feeling great. The Jenny Craig program has changed my life for the better.

**Michael's Jenny Craig favourites:**

**Breakfast** Wholemeal Pancakes **Lunch** Beef Pie

**Dinner** Chicken Pad Thai **Snack** Cheesy Popcorn



# TYPE 2 DIABETES

National Diabetes Week 2019 runs from 14th July to 20th July and is a week dedicated to bringing awareness to diabetes. At Jenny Craig, we are often asked questions about type 2 diabetes, so here are the answers to some of our most commonly asked questions.

## WHAT IS DIABETES?

Diabetes is a chronic condition where the body is unable to maintain healthy levels of glucose (sugar) in the blood, and this leads to high blood sugar levels. Glucose or sugars are naturally found in a variety of foods (mainly carbohydrates) and are used as the main energy source for our brain and body. Our bodies use the hormone insulin to move glucose from the blood stream into the cells of our body. For people with type 2 diabetes, they may lack the ability to produce enough insulin, have decreased insulin action, or a combination of both which contributes to their high blood sugar levels. For some people, medication is required to help stabilise their blood sugar levels.

## HOW CAN JENNY CRAIG HELP ME WITH MY MANAGEMENT OF TYPE 2 DIABETES?

The Jenny Craig program is suitable for people with type 2 diabetes as the menus are kilojoule and portion controlled and contain a balance of all core food groups. Meals and snacks are also spaced out to ensure blood sugar levels are evenly maintained throughout the day. Weight loss has also been shown to improve insulin sensitivity and control of blood sugar levels in people with type 2 diabetes.

## WHAT CAN I DO TO REVERSE MY DIABETES?

While there is no cure for type 2 diabetes, in some cases it can be possible to manage your blood sugar levels without the need for diabetes medication. Ensure you're maintaining your weight within a healthy range, try to exercise each day and make long term dietary changes that include plenty of high fibre foods, fresh fruit, vegetables, dairy, wholegrains, healthy fats and lean meats.

## DO I HAVE TO AVOID SUGAR IF I HAVE TYPE 2 DIABETES?

It's a common misconception that people with type 2 diabetes need to completely avoid sugar. In fact, sweet treats and dessert can still be included in moderation as part of a healthy balanced meal plan. While it is beneficial to reduce your intake of sugar, if your overall diet is low in added sugar, you can still enjoy a small sweet treat in moderation. Just be mindful of your portion and the amount of other added sugars you have across the day.

THE JENNY CRAIG PROGRAM IS **SUITABLE FOR PEOPLE WITH TYPE 2 DIABETES** AS THE MENUS ARE KILOJOULE AND PORTION CONTROLLED AND CONTAIN A BALANCE OF ALL CORE FOOD GROUPS.

## DO I NEED TO FOLLOW A LOW CARBOHYDRATE DIET IF I HAVE TYPE 2 DIABETES?

It really depends on your personal dietary preferences, as both high carbohydrate diets and low carbohydrate diets can both be effective for weight loss and long-term blood glucose management. You don't need to cut carbs to effectively manage your blood glucose levels and you can still achieve great results with a moderate carbohydrate intake.





# SPANISH RICE SOUP

SERVES 1

## INGREDIENTS

Spray oil  
 ½ onion, finely diced  
 ½ red capsicum, chopped  
 1 clove garlic, crushed  
 ½ can tinned tomatoes  
 1 cup reduced salt chicken stock\*  
 1 cup water  
 1 Jenny Craig Smoked Paprika Paella  
 Fresh flat leaf parsley to garnish

## METHOD

Spray oil into a medium sized saucepan and place on medium heat on the stove. Add the diced onion and cook for 3-4 minutes until softened. Add the capsicum and garlic and cook for 4 minutes. Add the tinned tomatoes, reduced salt chicken stock and water and simmer for 20 minutes.

After 20 minutes, add the Jenny Craig Smoked Paprika Paella straight from the pack and cook for 9-10 minutes until the rice is cooked through.

Once cooked, place in a large bowl and serve with a sprinkle of fresh parsley.

\*We used chicken stock for this recipe, substitute for vegetable stock for a vegetarian meal.



*Enjoy!*

**Grocery Count (per serve):** Free Food Recipe | Vegetarian





# TORTELLINI SOUP

SERVES 1

## INGREDIENTS

- Olive oil spray
- ½ brown onion, finely diced
- 1 garlic clove, crushed
- ½ celery stalk, finely diced
- ½ carrot, finely diced
- 1 cup reduced salt vegetable stock
- ½ zucchini, roughly chopped
- 75g green beans, ends removed and chopped
- 1 cup water
- 1 Jenny Craig Vegetable Tortellini
- 1 spring onion, finely chopped
- 1 tbsp fresh flat leaf parsley, finely chopped

## METHOD

Heat a medium sized pot and spray with a little oil. Add the onion, garlic and celery and stir on medium heat until just soft. If the onions begin to stick to the pan, add a little water.

Add the carrot and stir again for another 2 minutes.

Add the stock, zucchini, beans and 1 cup of water.

Turn up the heat and bring to the boil. Boil soup for 8 minutes or until vegetables are cooked to your liking.

While soup is cooking, prepare the Jenny Craig Vegetable Tortellini as per pack instructions. When ready, stir the tortellini into the soup and serve topped with spring onion and parsley.



**Grocery Count (per serve):** Free Food Recipe | Vegetarian



## LINDA, CASTLE HILL

FAVOURITE  
JENNY CRAIG MEAL  
CHICKEN PARMIGIANA

Linda has enjoyed working as a consultant at Jenny Craig Castle Hill as she loved working with the amazing women in her team and helping support her members to achieve their weight loss and maintenance goals. She loves that each month members continue to come in to maintain

their weight as it shows how dedicated and committed they are to the program.

Linda says: 'I came up with the recipe because I was craving apple crumble one cold winter night and searched the pantry for inspiration and found I had a cinnamon cookie and apples.'

# LINDA'S APPLE CINNAMON COOKIE CRUMBLE

SERVES 1

## INGREDIENTS

- ½ cup tinned apple
- Sprinkle of ground cinnamon
- 1 Jenny Craig Cinnamon Cookie
- ½ cup low fat custard to serve

## METHOD

Preheat oven to 200°C.

Place the apple in a small oven proof bowl. If you don't have a small oven proof bowl, you can stack 2 egg rings on top of each other and place apple inside.

Sprinkle cinnamon over the apple and crumble the Jenny Craig Cinnamon Cookie on top.

Bake the crumble in the oven for 5-10 minutes until browned on top. Serve with low fat custard.



Made  
WITH ME

**TIP** You can substitute ½ cup tinned apples for 1 Granny Smith apple (just be sure to cook it first!)

**Grocery Count (per serve):** 1 Fruit serve + 1 Dairy serve | Vegetarian



# Winter Menu

4 delicious  
**WINTER MENU ITEMS**  
**TRY THEM NOW!**



*Beef Nachos*



*Trio Spice Snack Mix*



*Quiche Lorraine*



*Bangers & Mash*

**BACK BY  
POPULAR  
DEMAND**

*jenny*  
CRAIG®





ASK US ABOUT

# RAPID RESULTS



AND HOW YOU COULD SEE  
RESULTS EVEN SOONER



RAPID RESULTS MEMBERS LOST AN AVERAGE  
**5KG** IN THE FIRST **4 WEEKS**<sup>#</sup>

#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (including full weekly Menu and consultations), versus 3.87kg on our Classic Program.



#jennycraigausnz

*jenny*  
CRAIG<sup>®</sup>