

DIABETES
EDITION

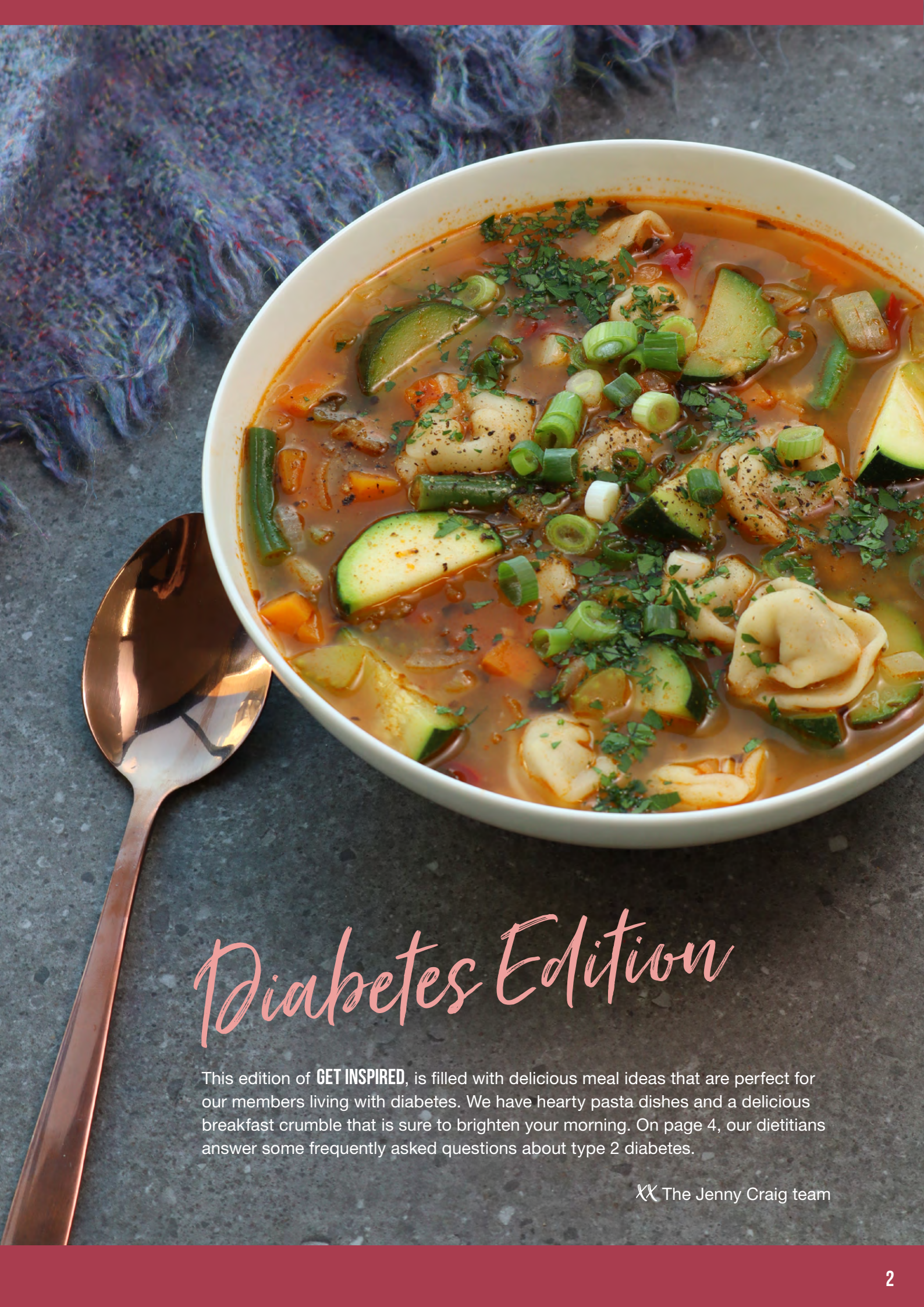
GET INSPIRED

by JENNY CRAIG

Check out
**THIS CHICKEN
FETTUCCINE
RECIPE**



TRY OUR 3 NEW RECIPES • SUCCESS STORY: MEET MICHAEL NOW • HEAR FROM OUR DIETITIANS



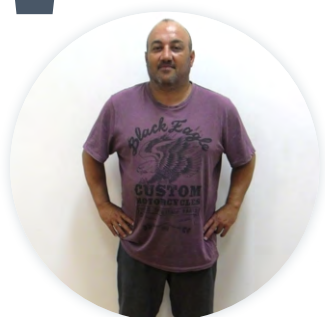
Diabetes Edition

This edition of **GET INSPIRED**, is filled with delicious meal ideas that are perfect for our members living with diabetes. We have hearty pasta dishes and a delicious breakfast crumble that is sure to brighten your morning. On page 4, our dietitians answer some frequently asked questions about type 2 diabetes.

XX The Jenny Craig team

MEET *Michael* NOW

Then



NORTHCOTE, VICTORIA

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.



SUCCESS STORY

Now

Michael
LOST 14KG^{*}
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



TYPE 2 DIABETES

At Jenny Craig, we are often asked questions about type 2 diabetes, so here our dietitians answer 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.



CHICKEN FETTUCCINE WITH SAUTÉED MUSHROOMS, ZUCCHINI AND BROCCOLI

SERVES 1

INGREDIENTS

- 1 Jenny Craig Chicken Fettuccine
- Spray oil
- 1 garlic clove, crushed
- 1 cup zucchini, cut into rounds
- 1 cup broccoli, cut into florets
- 1 cup mushrooms, halved
- 2 sprigs fresh thyme, leaves picked off
- ¼ tsp rosemary, finely chopped

METHOD

1. Heat Jenny Craig Chicken Fettuccine as per instructions on the package.
2. While the meal is warming, heat a frypan on high heat and lightly spray with oil. Add the crushed garlic, zucchini, broccoli, mushroom, thyme and rosemary. Cook for 5 minutes until the vegetables have softened and are slightly golden.
3. Place the vegetables onto a plate and top with the warmed Jenny Craig Chicken Fettuccine and stir to combine.

Enjoy!





TORTELLINI SOUP

SERVES 1

INGREDIENTS

- 1 Jenny Craig Vegetable Tortellini
- 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 spring onion, finely chopped
- 1 tbsp fresh flat leaf parsley, finely chopped

METHOD

1. 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.
2. Add the carrot and stir again for another 2 minutes.
3. Add the stock, zucchini, beans and 1 cup of water.
4. Turn up the heat and bring to the boil. Boil soup for 8 minutes or until vegetables are cooked to your liking.
5. 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.



Enjoy!



PEACH & PEAR MORNING CRUMBLE

SERVES 1

INGREDIENTS

1 serve Jenny Craig Cranberry & Vanilla Muesli
 ½ cup tinned peaches and pears
 Spray oil
 Pinch of cinnamon

METHOD

1. Preheat oven to 180°C.
2. Place tinned fruit into a ramekin then top with Jenny Craig Cranberry & Vanilla Muesli. Lightly spray the top of the muesli with oil and dust with cinnamon.
3. Bake in the oven for 10 minutes, or until the top is golden.
4. Allow to cool slightly before serving.

Enjoy!

TIP: Serve with ⅔ cup of natural fat free yoghurt



OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



RAPID RESULTS MEMBERS LOST AN AVERAGE
5KG IN THE FIRST **4 WEEKS**[#]



#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (on the weekly Menu, with consultations), versus 3.83kg on our Classic Program.



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jenny
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