

Supporting diabetic consumers with dairy protein solutions

What is diabetes?

Diabetes is a serious condition that occurs when there are raised levels of sugar (glucose) in a person's blood. This happens because the body either can't respond to, or produce enough, insulin to convert glucose to energy.

A growing global issue

Globally, the number of adults living with the condition has more than tripled in 20 years

based in Asia

grow by 51% globally

diabetes cases are expected to grow by 51% in Southeast Asia people living with diabetes in this

subregion alone

But there are ways to manage diabetes...



90% of cases worldwide are type 2 diabetes.



Type 2 diabetes is often caused by lifestyle factors. But it can also be managed with positive lifestyles change, such as **diet and exercise**.



Dairy proteins can play a role in helping manage the condition day-to-day.



Studies show that dairy protein can...

- Lower the body's glycemic response to a meal.4
- Increase the body's post-meal insulin response, lowering rises in postprandial blood glucose.^{5,6}
- Build muscle mass, improving body composition, and glucose-insulin metabolism.7
- Increase satiety8, which can support weight loss.
- And help reduce the risk of developing type 2 diabetes.^{9,10}

Supporting diabetic consumers with the right products

Many consumers with diabetes find it hard to change their diets. They want tasty and convenient products to help them manage their health. In fact...

57% of consumers with diabetes prefer the idea of everyday food products to support their blood glucose levels, over meal replacements and medicines." To help manufacturers respond to this need, we have developed four product concepts, built on our innovative dairy proteins, that are delicious... can be consumed on the go... and have a low GI (glycemic index).



Convenient breakfast beverage ...using Excellion™

Magnesium Caseinate S



Optimal support shake

...based on Nutri Whey™ Isolate Instant, Vana Sana® EPA/DHA, and Biotis™ GOS prebiotic

Low GI yoghurt drink

...leveraging Textrion™ Progel 800



Low GI protein cookies

...using Excellion™ EM9 and Nutri Whey™ 800F



Discover how FrieslandCampina Ingredients can help you unlock opportunities to support diabetes management at www.frieslandcampinaingredients.com



Potential consumer benefits are not to be considered as health claims. They should be considered as potential leads that might be developed into health claims complying with the local legal requirements. The information contained herein is, to the best of our knowledge, correct. The data outlined and the statements are intended only as a source of information. No warranties, expressed or implied, are made. On the basis of this information it is suggested that you evaluate the product on a laboratory scale prior to use in a finished product. The information contained herein should not be construed as permission for violation of patent right.

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References 1. International Diabetes

Federation, IDF Diabetes Atlas, 9th

9. Alvarez-Bueno C, et al. 2019 10. Kalergis M, et al, 2013. 11. FMCG Gurus, 2019

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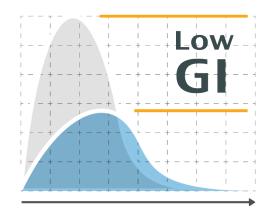
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