

# How to enjoy your TDR

There are lots of ways you can bring variety to your TDR products to keep your tastebuds tantalised during this phase of the programme.

The texture, temperature, and appearance of your products, as well as your eating environment, also play an important role in your enjoyment of the TDR phase.

# Why not try some of our tips below?

#### Social environment

Sharing mealtimes with others is important for our social wellbeing and relationships.
If you normally eat with others, discuss the fact that you are on TDR with family and
friends beforehand so there will not be the expectation for you to eat. However, you
can still join them at the dinner table and take your TDR while they eat to share the
experience.

#### Temperature

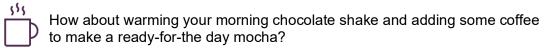
 Have your TDR shakes extra cold by adding ice or warmed up with hot water. Try blending your TDR with ice for a smoothie-style drink!

# Appearance

Serve your products in a bowl, tall glass with a straw, or your favourite mug.

### Flavour

- Combine flavours together, for example, strawberry and banana. Be mindful of the
  amount you are consuming when combining flavours and remember that you need to
  consume all 4 portions of TDR in a day. If you are unsure of how to best combine
  flavours, speak to your Diabetes Practitioner.
- Soups: Try adding dried or fresh herbs and spices, such as oregano or paprika.
- Shakes: Add instant coffee, essence flavouring (e.g. peppermint, orange), or spices such as cinnamon, nutmeg and mint.





Use seasonings and flavourings in small quantities that add up to no more than 10 calories per day.

Avoid adding seeds, nuts, honey, maple syrup or golden syrup to your TDR products as these will add extra calories.