

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.



How about warming your morning chocolate shake and adding some coffee to make a ready-for-the day mocha?



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.

