



Elevated blood glucose level can cause a range of cardiovascular diseases, which can be fatal if levels are not lowered and stabilised.

Reducing risk through good nutrition

WE need to keep our cholesterol levels in check to maintain a healthy heart and stable blood glucose level throughout life.

According to International Diabetes Federation, people with elevated blood glucose levels are two to six times more likely to develop cardiovascular disease.

One needs to consume about 100g of oatmeal or 500ml of milk with added plant sterols to obtain the claimed cholesterol-lowering benefits.

Many are unaware that such large recommended daily portions are carbohydrate-rich and energy-dense, which could lead to weight gain and raise a person's risk of developing elevated blood glucose levels.

Therefore, portion control is key and critical in achieving positive glycaemic response among individuals with diabetes.

In many clinical trials, adopting a high-fibre and low-GI (glycaemic index) diet that includes oat beta-

glucans has shown consistent positive short-term and long-term effects on blood glucose control among diabetics.

Biogrow Oat BG22 Oat Bran Powder and Crispy Cereal are diabetic-friendly foods that offer plenty of viscous oat beta-glucans, which have been clinically shown to help stabilise blood glucose levels and achieve energy balance throughout the day.

The oat bran powder and crispy cereal provide the

following benefits:

- Contain clinically proven, bioactive oat beta-glucans with more than 20 published papers on the cholesterol-lowering and blood glucose-regulating effects

- Small, easy-to-serve daily portion of only two scoops ($\pm 18g$) of oat bran powder or one packet (30g) of crispy oat cereal offers the required 3g oat beta-glucans

- Low in calories but high in total fibre, iron, magnesium and zinc

- Very low in sodium and low in GI, making them suitable for pre-diabetics and diabetics

Make low-GI, high-fibre oat beta-glucan Biogrow Oat BG22 part of your daily diet today.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more information, call 03-7956 2220 (Monday to Friday, 9am to 5pm) or e-mail info@biogrow.com.my.