



Live Sweet. Stay Healthy.



Helpful Hints and Tasty Treats
for People with Diabetes

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With SLENDA® Sweetener Products, you can enjoy the sweet taste you love without all of the sugar. So go ahead and sprinkle sweetness into your morning cup of joe or bake up a batch of your favorite cookies as an occasional treat, because now it's easier than ever to maintain a healthier diet and live a healthier life – without having to skip the sweet.

Inside, you'll find how SLENDA® Sweetener Products can help you live sweet and stay healthy with:

- Tips on how to use SLENDA® Sweetener Products in your own recipes
- Delicious recipes from the SLENDA® Kitchen
- A sneak peek at all of our products
- Valuable savings on your new favorite sweet

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Sweet Tips For Using Splenda® No Calorie Sweetener In Your Recipes

Volume

Sugar contributes volume to many recipes, which means you may notice a smaller yield in your recipe when using SLENDA® No Calorie Sweetener instead of sugar. But don't worry, the sweet taste alone will speak volumes!

Creaming

When creaming butter or margarine with SLENDA® Granulated Sweetener, your mixture will appear less smooth than with sugar, and may separate upon the addition of eggs. This is normal and you should continue following the recipe instructions.

Texture

Cookies often rely on brown sugar for their chewy, crunchy texture. To retain the texture, replace only the white granulated sugar with SLENDA® Granulated Sweetener. You can also try SLENDA® Sugar Blend or SLENDA® Brown Sugar Blend in your cookie recipes for that chewy crunch you love.

Browning

In the baking process, sugar caramelizes to produce the familiar golden brown color of baked goods. SLENDA® Granulated Sweetener does not caramelize, therefore baked goods turn out lighter in color. To help achieve a more golden brown color when baking with SLENDA® Granulated Sweetener, lightly spray the batter or dough with cooking spray just before placing in the oven.

Bake Times

Your baked goods made with SLENDA® Granulated Sweetener may bake more quickly than those made with sugar. Follow these times as a guide:

1. Cakes: Check 7-10 minutes before the original recipe's expected bake time.
2. Cookies, brownies and quick breads: Check 3-5 minutes before the original recipe's expected bake time.

Storage

Sugar acts as a preservative, helps retain moisture and keeps baked goods fresher longer.

1. All fresh baked goods are best eaten within 24 hours. If you want to keep your baked goods made with SLENDA® No Calorie Sweetener, Granulated, longer, wrap well and freeze.
2. For canning, SLENDA® No Calorie Sweetener, Granulated, does not provide preservative properties. However, it is heat-stable and can be used as a sweetener in canning.

Berry Simple Smoothie

Splenda.
No Calorie Sweetener



Pineapple Yogurt Dip

Splenda.
No Calorie Sweetener



Berry Simple Smoothie

Prep Time: 5 minutes
Serves: 3

INGREDIENTS

2 cups frozen unsweetened whole strawberries
1 cup plain fat-free yogurt
1/2 cup lite cranberry juice
1/4 cup SLENDA® No Calorie Sweetener, Granulated

PREPARATION

COMBINE frozen strawberries, yogurt, cranberry juice and SLENDA® Granulated Sweetener in a blender until smooth, stopping to scrape down sides.

Nutritional Information Per Serving:
Serving Size: 8 Fl. Oz., Calories 110, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Carbohydrates 22g, Fiber 3g, Cholesterol 0mg, Sodium 65mg, Protein 5g, Sugars 18g
Exchanges Per Serving: 1 Fruit, 1/2 Milk

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Pineapple Yogurt Dip

Prep Time: 5 minutes
Serves: 24

INGREDIENTS

1 (8-ounce) package reduced-fat cream cheese, softened
1 (8-ounce) container fat-free plain yogurt
1 (8-ounce) can crushed pineapple, drained well
1/2 cup SLENDA® No Calorie Sweetener, Granulated

PREPARATION

PROCESS cream cheese, yogurt, pineapple and SLENDA® Granulated Sweetener in a food processor or blender until smooth, stopping to scrape down sides.

SPOON into a serving dish; cover and chill. Serve with assorted fresh fruit.

Nutritional Information Per Serving:
Serving Size: 2 Tablespoons, Calories 30, Calories from Fat 15, Total Fat 1g, Saturated Fat 1g, Carbohydrate 2g, Fiber 0g, Cholesterol 5mg, Sodium 50mg, Protein 2g, Sugar 2g
Exchanges Per Serving: 1/2 Fat

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Sunshine Punch

Splenda
No Calorie Sweetener



Splenda[®]
Brand



Sunshine Punch

Prep Time: 5 minutes

Serves: 8

INGREDIENTS

- 2 cups cold water
2 cups orange juice, chilled
1 cup SLENDA® No Calorie Sweetener, Granulated
1 (0.13-ounce) *KOOL-AID® Tropical Punch Flavor Unsweetened Soft Drink Mix
1 liter diet lemon-lime soda or diet ginger ale, chilled
- Optional garnishes:** Orange slices, pineapple slices

PREPARATION

COMBINE water, orange juice, SLENDA® Granulated Sweetener and KOOL-AID® Soft Drink Mix in a pitcher, stirring until SLENDA® Granulated Sweetener dissolves. Stir in lemon-lime soda just before serving. Serve over ice. Garnish, if desired.

Nutritional Information Per Serving:

Serving Size: 8 Fl. Oz., Calories 30, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Carbohydrates 7g, Fiber 0g, Cholesterol 0mg, Sodium 25mg, Protein 0g, Sugars 6g

Exchanges Per Serving: 1/2 CHO

*KOOL-AID is a registered trademark of KF Holdings.

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SPLENDA® No Calorie Sweetener, Packets

Sprinkle on fresh fruit, cereal, oatmeal and in beverages to enjoy sweetness without all of the calories from sugar.

SPLENDA® No Calorie Sweetener, Granulated

Use in place of sugar in your cooking and baking for all the sweet taste you love in pies, cheesecakes, quick breads, sweet sauces and more.



SPLENDA® Flavors for Coffee

Use SPLENDA® Flavors for Coffee instead of sugar in your morning java for a more flavorful start to your day. Find them in the coffee aisle.

SPLENDA® No Calorie Sweetener FLAVOR ACCENTS™

Add a hint of lemon or raspberry flavor to your water without adding a lot of calories.



SPLENDA® No Calorie Sweetener Minis

Introducing SPLENDA® No Calorie Sweetener in new mini tablets. On a plane, train, all over town, the sweet you love is always around.

SPLENDA® Café Sticks

Be the hostess with the sweetest with SPLENDA® Café Sticks – beautifully designed and providing the same sweetness as SPLENDA® No Calorie Sweetener Packets.



SPLENDA® Sugar Blend

Bake fluffy cakes, moist cookies and golden brown pies with SPLENDA® Sugar Blend – it's all the taste you love with only 1/2 the sugar and 1/2 the calories.

SPLENDA® Brown Sugar Blend

Cook and sprinkle anywhere you use brown sugar for the rich taste and aroma you love with 1/2 the brown sugar and 1/2 the calories.

