

WHAT IS LOW GI ?

The Glycemic Index measures and ranks various foods by how much they cause blood sugar levels to rise. Research shows that a low Glycemic Index diet decreases fasting blood sugar levels. Low Glycemic Index foods are those that score below 55 on the Glycemic Index Chart.

DINA LIFE LOW GI – Good for the whole family and for diabetics!

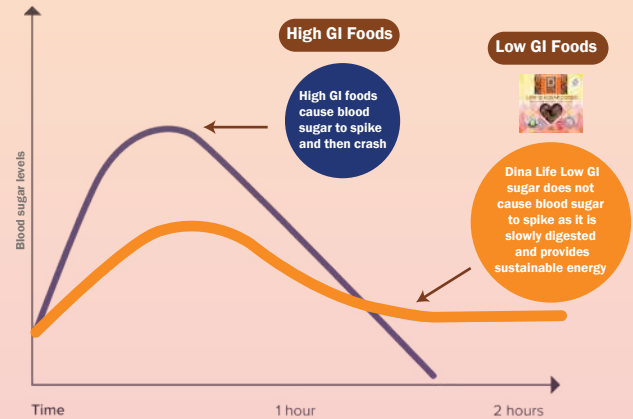
Dina Life Low GI sugar cubes, a new diabetic friendly natural sugar, made in Mauritius, has been developed through extensive research and development by Omnicane.

- Contains a high level of Antioxidants and tastes delicious.
- Provides slow energy release which contributes to the good management of blood sugar levels.
- Recommended for families, health conscious and sporty individuals who want sustainable energy and feel fuller for longer.



DINA LIFE LOW GI

Blood glucose levels after eating high GI foods vs. Dina Life Low GI Sugar Cubes



International and Local product validations

Dina Life Low GI sugar has been approved and endorsed by:



WHY FOLLOW A LOW GI DIET ?



Manages weight by controlling appetite and delaying hunger (fuller for longer)



Contributes to reducing the risk of developing type 2 diabetes and heart disease



Improves concentration



Fuels the body for longer, sustainable energy (slow energy release)



Increases physical performance by extending endurance



Good for the whole family and tastes delicious



TESTIMONIAL



JEAN MARIE RICHARD

*“ I am **Jean Marie Richard**, a radio host at **Radio One** in Mauritius and have been a diabetic for the past 25 years. Since i started to consume Dina Life Low GI sugar, i have rediscovered the natural taste and aroma of sugar and it has amazingly kept my HBA1c within acceptable levels constantly ”*

RECIPE

Cocktails



Ice Tea

INGREDIENTS	QUANTITY
Black tea	25 cl
Lemon juice	8 cl
Low GI syrup	16 cl

Method of infusion

- Melt 100 g of Low GI sugar cubes in hot water.
- Fine strain the mixture and use in the cocktail

Method of preparation

- Brew the black tea in hot water for 5-10 mins and let it cool down.
- Add the tea, lemon juice and Low GI sugar in a shaker.
- Shake the mixture and fine strain in a tall glass over ice.
- Garnish with a dry or fresh lemon wheel.

RECIPE

Oatmeal



INGREDIENTS

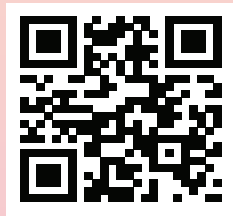
- 1 Cup of oatmeal
- 2 Cups of unsweetened almond milk or other non-dairy milk
- 1 Medium banana, mashed
- 1/2 Teaspoon vanilla extract
- 1/2 Teaspoon ground cinnamon
- 1 Pinch of salt
- 2 DINA LIFE Low GI sugar cubes

Method of preparation

- Combine all ingredients in a small saucepan and reduce heat to medium/high.
- Bring to boil. Then lower the heat to low/medium and stir continuously for about 3-5 minutes while the oatmeal cooks and thickens.
- Once the oatmeal reaches the desired consistency, remove from heat, garnish with your favourite fruit, and serve immediately.



Tasty, healthy
sugar.



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