

Lemon *glycosade*[®]

Mixing Ideas

This booklet aims to provide you with ideas on different ways you can take **Glycosade lemon** including drink ideas and ideas for mixing it into different suitable foods.

Which ideas will you try?



Enhancing Lives Together

What is Glycosade®?

Glycosade is a food for special medical purposes used for the dietary management of liver glycogen storage diseases. It is a long acting starch which may help to increase the time between meals and snacks.

Glycosade must only be started after assessment by your Metabolic Team in the hospital which often includes a doctor, dietitian and nurse.

Glycosade must only be used under medical supervision.



Glycosade taken as a drink:

Preparation

1



Add the drink option of your choice to a shaker. Your dietitian or doctor will advise you on which drink options are suitable. Typically, a sachet of Glycosade can be added to 100ml of cold water or other suitable fluids.

2



Measure the required amount of Glycosade into the shaker. For individuals requiring less than a sachet of Glycosade, adjust the quantity of fluid accordingly.

3



Close the lid tightly and shake for 10 seconds until the powder is dissolved.

4

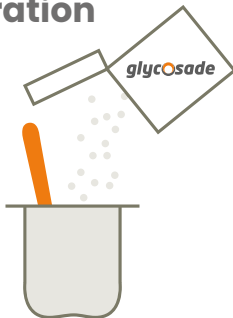


Glycosade is now ready to use. The product should be freshly prepared and consumed immediately.

Glycosade taken with food:

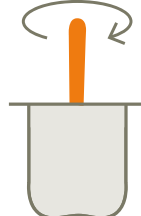
Preparation

1



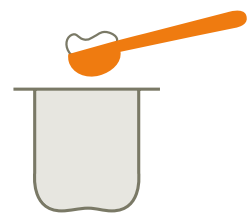
Add the required amount of Glycosade to 150 - 200ml of your preferred suitable food such as low sugar dairy-free yogurt. For individuals requiring less than a sachet of Glycosade, adjust the quantity accordingly.

2



Stir well until smooth with a fork or a small whisk.

3



Consume Glycosade lemon straight away.

Do not cook, heat or warm up Glycosade



Glycosade flavour creations!

The Glycosade recipes and mixing suggestions in this booklet have been tried using the ingredients mentioned. However the ingredients can be changed to other suitable ingredients if preferred. Your dietitian or doctor will let you know which foods and drinks are suitable to use.

For allergen information refer to product labels.



Shake well with:

- Chilled unsweetened almond or soya milk drink
- Sugar free flavoured water or cordial



Stir into:

- Unsweetened dairy-free yogurts and custards



Flavour with:

- Cold herbal tea
- Sugar free syrups
- Flavoured liquid stevia drops
- Food flavourings and extracts
- Unsweetened and reduced-fat powdered peanut butter

Glycosade Lemon

Mixing Ideas

Lemon and Peach Yogurt

1. Add 250ml sugar free soya yogurt to a bowl and mix in 1 sachet of Glycosade lemon.
2. Add in a few drops of peach natural flavouring.
3. Optional – 3 drops of Stevia liquid sweetener and shake well.

Top tip: add water or unsweetened dairy-free drinks to reach your desired consistency.





Mint Mocktail

1. Mix 1 sachet of Glycosade lemon with 100ml water.
2. Add in few drops of mint extract or finely chopped fresh mint leaves.
3. Optional – 3 drops of Stevia liquid sweetener and shake well.

Lemon and Orange Fusion

1. Mix 1 sachet of Glycosade lemon with 100ml unsweetened coconut milk drink.
2. Add 4 drops of orange extract.
3. Optional – 3 drops of Stevia liquid sweetener and shake well.

Lemon and Ginger Punch

1. Mix 1 sachet of Glycosade lemon with 100ml unsweetened almond milk drink.
2. Add in 3g finely grated fresh ginger and shake well.

Almond and Lemon Go

1. Mix 1 sachet of Glycosade lemon with 100ml unsweetened almond milk drink.
2. Add in a few drops almond extract and shake well.

Lemon and Lime Zing

1. Mix 1 sachet of Glycosade lemon with 100ml unsweetened almond milk drink.
2. Add in 10ml lime juice and shake well.

If a smaller or larger amount of Glycosade is required, please adjust the amount of fluid and flavouring.



For more delicious recipe ideas,
visit **www.GSDandMe.com**
or scan the QR code

This website aims to provide:

- **Helpful and trusted information** with regards to liver GSD and its management.
- **Delicious GSD friendly recipes**, including easy to follow videos.
- **Useful information** about all aspects of living with GSD.

Please see the unflavoured Glycosade booklet for more mixing ideas using this option of Glycosade.

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