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Nestlé launches new line of meals for managing blood sugar levels

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By **Manbeena Chawla** | April 23, 2023



nestle

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To support people managing blood sugar levels, Nestlé has developed a line of tasty, nutritious Lean Cuisine Balance Bowls.

The meals meet the American Diabetes Association (ADA) Better Choices for Life Programme frozen entrée nutrition guidelines. *Lean Cuisine* is the first brand to participate in the programme with full meal offerings.

A good source of protein and fibre, the Balance Bowls come in four varieties: Tex-Mex Rice and Black Beans; Lemon Garlic Shrimp Stir-Fry; Roasted Eggplant Parmesan Pasta; and Creamy Pasta Primavera.

As part of the R+D Accelerator initiative, the original recipes went from idea to shop in only six months. The Accelerator team worked with various Nestlé's experts including nutritionists, chefs, product developers and regulatory scientists to develop the meals. After a limited-edition launch in 2022, Nestlé teams further improved the recipes and created new varieties, which will now launch nationwide in select US retailers starting in April 2023.

In India, Nestlé provides a range of diabetic-friendly recipes based on MyMenu IQ, a scientifically validated nutritional service that ranks the nutritional balance of meals on a scale from zero to 100.

Read online: https://nuffoodsspectrum.in/news/14/20018/nestle-launches-new-line-of-meals-for-managing-blood-sugar-levels.html
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