

ABSTRACT

NUTRITIONAL COMPOSITION FOR PREGNANT WOMEN WITH A BENEFICIAL GLUCOSE AND INSULIN PROFILE

5 The present disclosure is directed to a nutritional powder, a translucent reconstitutable
beverage formed therefrom, and methods relating thereto. The nutritional powder and
beverage are adapted to include the proper balance of proteins, lipids, carbohydrates,
vitamins and minerals appropriate for a pregnant woman. The nutritional compositions
further stem the glycemic response and improve glycemia and insulinemia during
10 gestational and lactating periods for preventing or reduce the incidence of glucose
intolerance later in life.