

Helping yourself
with healthy choices

Zavesca



For adults with mild to moderate type 1 Gaucher disease for whom enzyme replacement therapy is not a therapeutic option (eg, due to constraints such as allergy, hypersensitivity, or poor venous access)

Important Safety Information for Zavesca

In clinical studies, the most common adverse events due to Zavesca included weight loss, diarrhea, and trembling in the hand (tremor). Other common adverse reactions were excess gas (flatulence), abdominal pain, headache, and influenza-like symptoms. The most common serious adverse reaction was tingling or numbness in the hands or feet with or without pain (peripheral neuropathy). Patients should undergo neurological examination at the start of treatment and every 6 months thereafter; Zavesca should be reassessed in patients who develop symptoms of peripheral neuropathy. Zavesca may cause fetal harm if administered to a pregnant woman. Men should maintain reliable contraceptive methods and not plan to father a child while taking Zavesca and for 3 months after discontinuing treatment.

Please see accompanying full prescribing information.

This brochure is intended to provide recommendations only. Be sure to consult with your doctor or a nutritionist about a meal plan that suits your individual needs. General diet recommendations come from Dietary Guidelines for Americans 2005, published by the US Department of Health and Human Services and US Department of Agriculture (USDA).



choosing the right **foods**

Reducing sugars and starches

If you experience diarrhea, loose stools, or gas while taking Zavesca, reducing the amount of certain kinds of sugars in your diet can help¹—especially the sugars known as disaccharides, a type of carbohydrate that includes sucrose (also known as table sugar), lactose (milk sugar), and maltose.

The body naturally produces maltose as it digests starchy foods such as bread, breakfast cereals, legumes, potatoes, corn, rice, pasta, and other grains. You don't need to cut these items out of your diet, but it is advisable to decrease the amount of starchy foods you eat as your body adjusts to Zavesca. Also, try to avoid large servings of starchy foods at one time. Try to spread your intake over the course of a day.²

It's important to remember that different people react to Zavesca in different ways. After being on Zavesca for a month, you may be able to slowly bring certain foods back into your diet as your body adjusts to therapy with Zavesca. Talk to your doctor about when the time might be right for you.

Please see accompanying full prescribing information.

Please see important safety information on back cover.

As recommended in the following pages, decrease your intake of foods high in starch and disaccharides (carbohydrates) and continue to enjoy foods that are low in starch and carbohydrates.

- Include moderate portions of starchy foods in your diet.
- Try to have your main meals consist of one-half vegetables, one-quarter meat or meat alternatives, and one-quarter starchy foods.
- Avoid having large portions at one time. Try to spread your intake of fruits, grains, and other starchy foods over the day.
- Include at least 3 cups of appropriate dairy products or dairy substitutes daily; see the following pages for specific recommendations.
- Eat at least 4 servings of allowed fruits every day, but avoid eating more than 1 serving at a time.
- The nutrient labels on food packaging can tell you if a food contains high amounts of disaccharides. See the section titled "Understanding Food Labels" in this brochure for more information.

fruit

At least 4 servings every day³



Enjoy fruits low in sucrose:

olives	grapefruit
avocados	pears
lemons, limes	apples
berries (raspberries, strawberries)	



Reduce fruits high in sucrose:

dates	apricots
dried fruit (peaches, apricots)	nectarines
pineapple	peaches
tangerines, clementines, mandarin oranges	cantaloupe
	honeydew melon

→ **Fruits contain sugar, so try eating only one serving at a time to see what may or may not bother you.**

vegetables

Eat 4 to 5 servings daily³



Enjoy vegetables including:

asparagus
endive,
lettuce
broccoli
cauliflower
spinach

cabbage
artichokes
squash
celery
onions

peppers
eggplant
tomatoes



Reduce these vegetables:

High in starch:

parsnips
potatoes
corn

High in sugars (disaccharides):

beets
green peas
carrots
sweet potatoes
corn

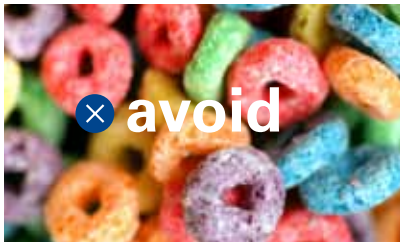
grains and cereals

In small portions



low-sugar cereals
oatmeal, natural muesli (1/2 cup)
whole grain bread
plain or savory crackers or chips
rice, pasta, noodles, couscous

flours, polenta
unsweetened pastry



sugary breakfast cereals
muesli bars and high-sugar
breakfast bars
fruit breads, white bread
muffins, donuts
desserts or sweets such as candy
bars, hard candy, and chocolate

cakes, biscuits
sweet pastries
such as Danishes

meats and meat alternatives



lean meats, including chicken, beef, pork, veal, and seafood
legumes and lentils (adjust portions if necessary)
protein shakes and protein bars with no added sugar
or dairy
eggs
tofu

healthy fats

Include daily³



nuts, seeds
avocados
margarines with no trans fats
oils

dairy foods

At least 3 cups daily³



**lactose-free milk
(liquid and powdered)**

**soy milk (but check for
added sugar [sucrose]
in flavored soy milk);
soy shakes**

rice milk

lactose-free yogurt

**soy yogurt (natural,
no added sugar)**

hard cheeses



milk

yogurt

sweetened milk

condensed milk

cottage cheese

cream cheese

cream

sour cream

milk-based desserts

ice cream

enjoy occasionally

In small portions



diet jelly

**jam, peanut butter, honey,
chocolate hazelnut spread
(approximately 1 teaspoon)**

**some artificial sweeteners,
including saccharin**

fructose

**sugar (up to 1 teaspoon
added to tea, coffee,
or plain unsweetened
cereal)**

beverages

In small portions



diet soft drinks
(artificially sweetened)

tea and coffee (but with only
a little added milk or sugar)

alcohol in limited amounts
(most types, except when mixed
with juices or soft drinks, and
cream-based liqueurs)

soy shakes

almond shakes



sugar-sweetened drinks,
fruit-flavored drinks, sports
drinks, juices

liqueurs

chocolate or hot chocolate from
dry powder

milk-based drinks

drinks with added sugar
(high-fructose corn syrup)

orange juice

The nutritional examples included in this brochure are recommendations only. Be sure to consult with your doctor or a nutritionist about a meal plan that suits your individual needs.

understanding food labels

One way to start managing your diet while on Zavesca therapy

You've already learned that it's important to minimize the amount of food you eat containing high amounts of starch and sugars—specifically sucrose, maltose, and lactose—and to continue enjoying foods low in starch and carbohydrates. As described on the following pages, food labels can be your simple everyday guide to making good dietary choices.

Work with your doctor or a nutritionist for help with choosing appropriate foods while you're on Zavesca therapy. You can also find information about the carbohydrate, fat, and protein content of individual foods at www.nal.usda.gov, fnic.nal.usda.gov, and www.nutritiondata.com.

What the label says

This is a food label.

Three sections of the label in particular are important to you while on therapy with Zavesca: serving size, sugars, and ingredient list.

Serving Size 1

Sugars 2

Ingredient list 3

Nutrition Facts	
Serving Size	1 container
Servings per container	1
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 5g	
Ingredients	
Cultured Pasteurized Grade A Low Fat Milk, Sugar, Strawberries, Modified Corn Starch, High Fructose Corn Syrup, Nonfat Milk, Kosher Gelatin, Citric Acid, Tricalcium Phosphate, Natural Flavor, Pectin, Colored with Carmine, Vitamin A Acetate, Vitamin D3.	

1 Serving Size

The first place to start when you look at the Nutrition Facts label is the **servicing size** and the number of servings in the package. Serving sizes are based in familiar units (such as cups or pieces), followed by an amount in metric units (such as milliliters or grams). In the fruit yogurt example below, a serving size is one container.

2 Sugars

Because it is recommended that you reduce certain sugars (disaccharides) while taking Zavesca, you should look at sugars listed under the carbohydrate section of the Nutrition Facts label. These include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink.*

The example of the plain yogurt has 12g of sugars, while the fruit yogurt has 27g of sugars in one serving.

*You can check the ingredient list for sugars that are not natural and have been added.

3 Ingredients list

Compare the **ingredient lists** for the two yogurts. Ingredients are listed in order of weight (from most to least). Make sure that **added sugars** are **not** listed as one of the **first few ingredients**. Other names for added sugars include corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

You may notice that even though no added sugars or sweeteners are in the list of ingredients for the plain yogurt, the Nutrition Facts label shows 12g of sugars. This is because there are no **added** sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).

Plain Yogurt

Nutrition Facts	
Serving Size	8 oz
Servings per container	4
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Ingredients	
Cultured Pasteurized Grade A Fat Free Milk and Milk, Modified Tapioca Starch, Whey Protein Concentrate, Kosher Gelatin, Tricalcium Phosphate.	

Fruit Yogurt

Nutrition Facts	
Serving Size	1 container
Servings per container	1
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 5g	
Ingredients	
Cultured Pasteurized Grade A Low Fat Milk, Sugar , Strawberries, Modified Corn Starch, High Fructose Corn Syrup , Nonfat Milk, Kosher Gelatin, Citric Acid, Tricalcium Phosphate, Natural Flavor, Pectin, Colored with Carmine, Vitamin A Acetate, Vitamin D3.	

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www.actelion.com



www.ZAVESCA.com

1. Zavesca (miglustat) full prescribing information. Actelion Pharmaceuticals US, Inc. 2008.
2. Déchelotte P. Gastrointestinal and nutritional adverse effects of Zavesca (miglustat). Expert report; 2003.
3. Dietary Guidelines for Americans 2005. US Department of Health and Human Services and US Department of Agriculture (USDA).