



Glycemic Index & Managing Diabetes

making healthy choices easy

Healthy eating is important for everyone, including people living with diabetes. Enjoying healthy foods and being active will help manage your blood glucose levels (BGLs) and your body weight. In fact healthy eating for people with diabetes is similar to recommendations for everyone. There is no need to prepare separate meals or buy special foods.

Studies around the world show that following a low GI diet significantly helps people with type 1 and type 2 diabetes improve their BGLs.

Steps for better glucose control – the Low GI way:

STEP 1

Make the Switch from High to Low GI Foods

Using the Glycemic Index (GI) is easy as all you need to do is swap high GI foods with healthy low GI foods. Try and include at least one low GI food at every meal or snack. When shopping look for the Glycemic Index Symbol for a healthier choice.

For more info on the GI Symbol Program & to sign up for the free newsletter visit www.gifoundation.org.au

Swap High for Low GI

	Minimise high GI options	Maximise lower GI alternatives
Breads	Soft white breads	Authentic sourdough
	Light & airy wholemeal & white breads	Dense, wholegrain/multigrain low GI & pumpernickel
Cereals	Most refined, commercial, processed cereals	Traditional grains like rolled oats, pearl barley, quinoa & cereals made from them like natural muesli
Main meal carbs and starchy foods	Potatoes: mashed, chips and French fries	Carisma™ potatoes, sweet potato, parsnip, corn, lentils, chickpeas, kidney, cannellini bean, baked beans
	Jasmine, calrose, arborio, glutinous, short grain, brown or white rice	Basmati, low GI white or brown rice e.g. Doongara, prepared sushi made from traditional Japanese rice
	Polenta, millet	Pasta cooked 'al dente', soba noodles, pearl couscous, buckwheat, quinoa, pearl barley
Snacks	Water crackers, crispbread, doughnuts, confectionary, processed fruit bars, pretzels, rice cakes and crackers	Fresh fruit such as apples, pears, bananas, grapes, kiwi fruit; wholegrain crackers; dried fruit and nuts; low fat yoghurt; muesli bars; nut, seed & grain bars
Sweeteners	Sugar, golden syrup, treacle	Pure maple syrup, LoGICane™ sugar, pure floral honey
Beverages	Cordials, soft drinks	Water, fruit juices (limit to 150ml) reduced or low fat milk or soy drink

STEP 2

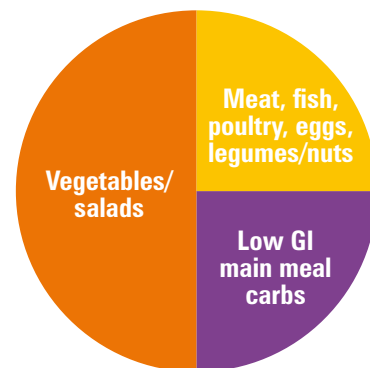
Keep carbohydrate portions moderate

Having diabetes doesn't mean that you need less carbohydrate than anybody else. It means you need to be more aware of the amount of carbohydrate foods you eat. By spreading out your carbohydrate rich foods evenly throughout the day, you can maintain energy levels better and keep BGLs within the target range. Managing your diabetes depends on both quality and quantity – choosing low GI foods doesn't mean you can eat as much as you want.

STEP 3

Eat regular meals

There is no need for a special diet when you have diabetes – just a healthy balance in both the amount and type of foods that you eat. Most people find that their BGLs improve if they space out their meals and carbohydrate intake throughout the day. You also need to balance the quantity of protein (meats and alternatives), fats and oils, fruit and vegetables in your meals. This is what a healthy plate should look like:



STEP 4

Exercise Regularly for a Healthy Weight

Being physically active everyday will help improve your BGLs and general health. Weight bearing exercises such as walking will also help build strong bones and strengthen your muscles so they burn fat more efficiently. You will be more energised and feel better overall. Aim for at least 30 minutes to 60 minutes of moderate paced exercise everyday – ideally on top of an active lifestyle. If you haven't done much exercise for a long time it's important to check with your GP.



EXCHANGE VALUE GUIDE:

some carbohydrate food ideas that equate to 1 exchange (15g of Carbohydrates)

An exchange system is an easy way to begin counting carbohydrates. Each serving in the starch, fruit and milk group contains about the same amount of carbohydrates — about 15 grams a serving — also called one carbohydrate choice.

Your dietitian may recommend a certain number of daily exchanges from each food group based on your individual needs. Together you'll decide the best way to spread the exchanges throughout the day. This can help to keep your BGLs within your target range.

Breads, cereals and starchy vegetables

1 exchange =

- 170g (¾ cup) cooked (water) rolled oats
- 30g (½ cup) natural muesli
- 30–40g (⅓–½ cup) high fibre breakfast cereal
- 1½ whole wheat biscuit
- 1 slice dense wholegrain bread (40g)
- 1 slice authentic sourdough, soy & linseed bread or pumpkin bread (40g)
- 1 slice dense fruit loaf (40g)
- 1 muesli bar (30g)
- 2 wholegrain crisp breads (24g)
- ½ cup cooked pasta, pearl couscous, quinoa
- ½ cup cooked rice or egg noodles
- ½ cup cooked or canned chick peas, kidney beans, cannellini or borlotti beans
- ⅔ cup cooked lentils
- 1 boiled/cooked medium potato (140g)
- ½ large boiled sweet potato (90g)

Dairy

1 exchange =

- 1 cup (250mL) reduced or low fat milk or calcium fortified soy milk
- ½ tub (100g) reduced or low fat yoghurt with fruit
- ⅓ cup (90g) reduced or low fat custard or low GI dairy snack
- 2 scoops (50g) reduced fat ice cream

Fruit

1 exchange =

- 1 piece of fruit (100g) such as small banana, apple, or pear
- 2 stone fruits such as apricots, kiwi fruit, or plums
- ½–1 cup (100–200g) diced or canned fruit (no added sugar or in juice)
- Small handful of dried fruit such as prunes (50g), apricots (40g), apples (26g)
- 150ml (½ cup) 100% fruit juice (no added sugar)

Quantities have been included as a general guide only. For individualised advice on your own diet the services of an Accredited Practising Dietitian (APD) are recommended.

Your low GI diabetes diet checklist

- ✓ Eat 3 regular meals a day.
- ✓ Include moderate quantities of low GI carbohydrate foods at each meal.
- ✓ Eat wholegrain and high fibre cereals, breads and grains daily – look for the GI symbol.
- ✓ Eat at least 3 cups (300g) of vegetables every day.
- ✓ Eat at least 2 pieces (200g) of fruit every day – include at least one low GI choice.
- ✓ Include legumes (canned or dried peas, beans or lentils) in your diet at least twice a week.
- ✓ Choose lower fat dairy products (or calcium-enriched alternatives) in your diet daily.
- ✓ Eat a handful of nuts regularly.
- ✓ Use olive and/or canola oils in cooking and salads and poly- and/or mono-unsaturated margarines and spreads instead of butter and butter blends.
- ✓ Eat fish (100g or more) at least twice each week.
- ✓ Eat lean red meat and poultry in moderately sized 100g portions 3–4 times a week.
- ✓ If you drink alcohol it is recommended to drink no more than 2 standard drinks per day.
- ✓ Drink 6–8 glasses of water, every day.

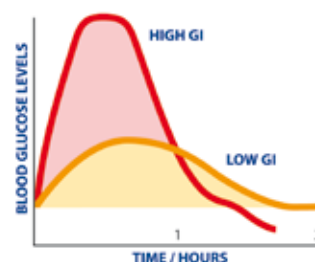


To make healthy choices easier we developed the GI Symbol Program, a not-for-profit health promotion initiative backed by the University of Sydney and JDRF (Australia). The GI Symbol is a powerful tool for quickly and reliably making healthy food choices when grocery shopping. It's your guarantee that the GI value stated near the nutrition information label is accurate and that the food meets strict nutritional criteria.

A free monthly newsletter informs you of the most recent findings from around the world. (Register at <http://ginews.blogspot.com>)

Glycemic index

The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Foods with a low GI (GI ≤ 55) release glucose into the bloodstream at a slow sustainable rate, and have proven benefits for health.



* The Low GI Symbol is a registered certified trade mark owned by the Glycemic Index Foundation