

Weight Reduction Clubs of Queensland Inc.

Unity is Strength



**COMBINED CLUBS
NEWSLETTER**

MARCH 2022

WEIGHT REDUCTION CLUBS OF QUEENSLAND INC.

ALL OTHER MAIL

WRC Of Qld Inc
P. O. BOX 1000
SLACKS CREEK QLD 4127
PHONE (07) 3807 3725

Email: wrcq1@hotmail.com
Website: www.wrcq.com.au

ALL NEWSLETTER MAIL TO

Ann Green
20 Spitfire Avenue
Strathpine 4500
Phone (07) 3205 7712

Email: greens_bakery@hotmail.com

<u>STATE PRESIDENT</u> Dianne Christensen Phone: (07) 3807 3725 Mobile: 0407 173 800	<u>STATE VICE PRESIDENT</u> Ann Green Phone: (07) 3205 7712 Mobile: 0439 427 045
<u>STATE SECRETARY</u> Kay Killeen Mobile: 0421774 806	<u>STATE TREASURER</u> Lyn Guy Mobile: 0414 380 525
Diana-Lee Serhan	Diane Spence
Maureen Mann	Paula Egan
Paula Hughes	Patricia Taylor

DISCLAIMER

This publication accepts no responsibility for the accuracy or reliability of articles or advertising contained herein, statements made or opinions expressed in this Combined Clubs Newsletter nor do we necessarily subscribe to the views expressed or implied by contributors. Neither is any guarantee implied or expressed as to the good conduct or practice of advertisers herein.

This publication reserves the right to refuse acceptance of any matter considered unsatisfactory for publication.

Weight Reduction Clubs of Queensland Inc publishes the Combined Club Newsletter. Please address all correspondence for the Newsletter to the Editors, 20 Spitfire Avenue Strathpine Qld 4500

FROM THE EDITORS DESK



Hello again it has been a while since we were together.

At the end of the year we had our usual Christmas get together where we recognised the committee for all their work during the year. We announced our Achiever of the Year, Ann.

Our club has been back since January and though we are small in numbers we are all dedicated to helping each other meet our goals.

After giving you all hints on what to send to contribute to the newsletter, I must say that I am disappointed to only receive an article from one club for this issue. Please consider doing something for the one in three months if it does not pick up the newsletter is likely to be cancelled.

Keep on, Keeping off

Ann

5 TIPS TO KEEP YOU MOTIVATED – column by Annette Sym

Most people who struggle with their weight say that lack of motivation and commitment causes them to fail on any program long-term.

If you can relate to yo-yo dieting, binge eating and never reaching your goals, I want to share with you how to get and keep motivated to lose weight and be healthy.

5 tips to keep you motivated:

1. Change the habits are causing you to be overweight.

Look for healthy alternatives such as switching from full cream milk to skim milk or using cooking spray instead of frying your food.

2. Take responsibility for yourself and your actions.

Make sure you have food available to eat that won't cause you problems. If you're invited to a social event, offer to take food along you can enjoy.

3. Cook low fat healthy meals for you and your family.

Don't be boring with your food as this will weaken your motivation and commitment. There are over 800 recipes in my 9 cookbooks, so the options are unlimited. Vary your family meals with recipes such as Mexican Meat Balls, Spicy Plum Chicken Kebabs, Fish with Mango Salsa, Sweet Teriyaki Beef and Creamy Chicken with Broccoli just to name a few.

4. Focus on what you want to achieve, not what you're missing out on.

Think about how fabulous you'll look in those size 12 jeans or how good it'll feel to be able to wear a belt or how much energy you will have once you lose those kilos. When faced with the slice of cheesecake, or whatever your weakness is, think about what you're working towards. Think about what you will *gain* by being in your healthy weight range.

5. Take each day as it comes and make today the best it can be.

Forget what happened yesterday, you can't change that now. Instead, get excited about today and make choices that will get you closer to your goal. And remind yourself each day – You can do it. You are worth it!

I succeeded in shedding 35 unwanted kilos and believe me, if I can do it then so can you! I know from my own personal experience how challenging losing weight can be, but I also know the rewards that await you when you succeed.

Have you heard? Annette's new cookbook – **MORE Cooking for 1 or 2 people** - is OUT NOW! Annette's SYMPLY TOO GOOD TO BE TRUE cookbooks are available online. Visit www.symplytoogood.com.au for more tips, recipes and weight loss tools.



Creamy Chicken and Broccoli

SERVES: 2 | MORE Cooking for 1 or 2 people | Difficulty

★☆☆☆☆

250g skinless chicken breast small dice
1 teaspoon crushed garlic (in jar)
cooking spray
¼ cup water
1½ cups small broccoli florets
¼ cup sliced shallots
1 sachet 98.5% fat-free Creamy Garden Vegetable Cup a Soup
¾ cup evaporated light milk
2 tablespoons finely grated parmesan cheese (Kraft®)
8 cherry tomatoes cut in half
pepper



- 1: Sauté chicken and garlic until just cooked in a non-stick frypan that has been generously coated with cooking spray. Remove from pan to be added back later.
- 2: Wash frypan then add water and broccoli, cook for 3 minutes. Add shallots and cook 1 minute.
- 3: Combine soup powder with milk, add to pan, stir until boiling. Add parmesan and tomatoes, combine well.
- 4: Add chicken back to pan. Once boiled take off heat as evaporated milk can separate when over boiled. Pepper to taste.

NOTE: Serve with Basmati rice, cooked potato or pasta. *Not included in nutritional information below.*

Suitable to be frozen for 2-3 weeks.

NUTRITIONAL INFORMATION		
PER SERVE		CHICKEN
FAT	TOTAL	7.3g
	SATURATED	3.4g
FIBRE		5.7g
PROTEIN		41.0g
CARBS		24.6g
SUGAR		19.3g
SODIUM		433mg
KILOJOULES		1409 (cals 337)



DIETITIAN'S TIP: Broccoli, like its fellow cruciferous vegetables such as kale and cabbage, has a reputation as a superfood. It is low in kilojoules but contains loads of nutrients and antioxidants that will support your health.

© Annette Sym 2022 | SYMPLY TOO GOOD TO BE TRUE – MORE Cooking for 1 or 2 people Used by permission from author

IS SNACKING CAUSING YOU TO GAIN WEIGHT?

Column by Annette Sym

Snacking gets a bad rap but snacking itself is not a problem. I include snacks on all my menu plans as they help maintain insulin levels and prevent the mid-afternoon slump. However, it does become a problem when it's not part of a nutritionally balanced meal plan. Just be aware those couple of biscuits, that chocolate bar or the little packets of chips can wreak havoc with your waistline if not kept in check.

Some people eat like a rabbit during the day and then become ravenous in the evening, bingeing on high fat snacks. Having healthy food choices at regular intervals throughout the day can prevent this.

The key is to plan snacks into your day and make time to shop for the right type of snacks so you can embrace snacking as part of your healthy lifestyle. Having healthy choices in the fridge and pantry will help you stay on track.

Here are a few snacking tips:

- **Healthy eating starts in the supermarket.** Avoid buying biscuits, cakes, doughnuts, pastries, ice-cream, chocolate and chips; these have very little nutritional value and are very high in fat and kilojoules.
- **Have a healthy breakfast each day.** This will help you avoid the morning munchies and kick-start your metabolism for the day.
- **Drink your 8 glasses of water a day.** Thirst is often mistaken for hunger. Reach for a glass of water before reaching for a snack.
- **Make fresh fruit your go-to sweet snack.** You might also like high fibre cereal with skim milk, diet yoghurt, low fat custards and diet jellies.
- **Craving a crunchy snack?** Choose pretzels, rice crackers, roasted chickpeas, nuts, low fat popcorn, celery and carrots with low fat dips.
- **Listen to your body.** Sugar cravings can be a sign that your body needs protein, not a Mars Bar. Instead of grabbing chocolate, put a slice of low fat cheese on a rice cake or Ryvita, add some slices of tomato or Vegemite for variety.
- **Shake it up.** My Premium Breakfast Shakes also make a great afternoon or evening snack, the 15g of protein and 7g of fibre will keep you feeling full for longer.

And it goes without saying - always measure your portions, because even healthy snacks need to be consumed in moderation.

On a final note, remember - if hunger is not the problem, food is not the solution.

If you're snacking out of habit, boredom, loneliness or if you're feeding an emotion, it's time to look at some strategies to get you back on track.

Replace emotional eating with a non-food related activity - phone a friend, go for a walk, take a bubble bath, weed the garden, or find a hobby. Anything that will take your mind off eating. And if you have trouble breaking the habit, consider seeing a counsellor.

I hope this takes the guesswork out of healthy snacking and allows you to enjoy daily snacks as part of a nutritionally balanced eating plan.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE are available online or in all good bookstores. Visit www.symplytoogood.com.au for more tips, recipes, and weight loss tools.

Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.

Raspberry Oat and White Chocolate Loaf

SERVES: 12 | Book 6 | Difficulty ★★☆☆☆

2 egg whites
1/3 cup white sugar
3/4 teaspoon bicarb soda
1 x 110g jar Heinz® baby apple
1/2 cup skim milk
1/2 teaspoon vanilla essence
1/2 cup white choc bits
3/4 cup rolled oats
1 1/2 cups self-raising flour
1 cup frozen raspberries
cooking spray



Preheat oven 180°C fan forced.

- 1: Beat egg whites with sugar for 1 minute in a medium sized mixing bowl.
- 2: Stir bicarb into apple sauce (it will froth) then add to bowl.
- 3: Add milk, essence, white chocolate and oats into bowl, mixing together well.
- 4: Sift flour into bowl in one go, then gently fold until flour has blended into mix. **DO NOT BEAT** as this will make the loaf tough. The less the mixture is moved, the lighter the loaf.
- 5: Gently fold raspberries into mix and pour into a large loaf tin that has been coated with cooking spray. Bake 40-45 minutes or until firm to touch in centre. Let sit for a couple of minutes then turn onto a wire rack.

Variations: Replace frozen raspberries with any frozen fruit of your choice or I like to sometimes make this loaf into 12 muffins. Divide mixture into 12 cup muffin tray that has been coated with cooking spray.

Suitable to be frozen.

NUTRITIONAL INFORMATION PER SERVE

FAT	TOTAL	2.7g
	SATURATED	1.9g
FIBRE		1.9g
PROTEIN		3.7g
CARBS		26.8g
SUGAR		10.6g
SODIUM		234mg
KILOJOULES		613 (cals 146)
GI RATING		MEDIUM



Note from Annette: I love anything with raspberries and with the oats and white chocolate; this loaf is a must-have for your next afternoon tea party.

DIETITIAN'S TIP: A portion of this slice is an occasional food. It has very little nutritional value and due to the carbohydrate content contains a few too many calories for an everyday snack.

Eye on Eagleby

Welcome to March, it is so good to finally be back.
After returning in February for just two weeks, a problem with the hall
Had our club unable to hold meetings till 7th March.
We have no Monthly weights to show at this time.

March Events Calendar

7th **AGM WRCQ Eagleby**

14th - Open discussion on meal Planning / Blue Book

21st - Tips and ideas for older Australians

28th - Tips to get 2 and 5 in your day



April Events Calendar

4th – Park meeting – Logan River Parklands – 9am – coffee and snack

11th – Ingredients and Healthier alternatives – Heart Foundation

18th – **Easter Monday Holiday**

25th - **Anzac Day Holiday**



Why you should eat two fruit and five veg

And what a serve actually looks like –by Hannah Hempenstall

How many servings of fruit and veg per day?

The [Australian Dietary Guidelines](#) which includes 2 fruit and 5 veg, have been around since those early days of the Healthy Eating Pyramid.

Nutrition Australia says the guidelines are there to "provide advice on the amounts and types of foods that we should consume every day for good health and to reduce our risk of diet-related diseases."

What does 1 serving of vegetables look like?

A standard serve of vegetables equates to about half a cup. So that's roughly one small to medium sized carrot, about 3-4 medium florets of broccoli, a large handful of peas, a handful of spinach and about 6 cherry tomatoes.

eatforhealth.gov.au says 1 serve of veg is

- 1/2 cup cooked carrots, spinach, broccoli, pumpkin
- 1 cup green leaves or raw salad vegetables
- 1/2 cup sweetcorn
- 1/2 medium potato



What is the fruit serving size?

Two fruit 5 veg is an Australian recommendation.

Worldwide, WHO recommends no less than 400g of combined fruit and veg per day.

To get your 2 serves of fruit per day, eatforhealth.gov.au provides the following as a guide.

1 serve of fruit looks like

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)
- 125ml fruit juice (no added sugar)
- 30g dried fruit (eg 2 dried apricots. 1 + 1/2 Tbsp sultanas)



- **What happens if you eat more/less than 2 fruit and 5 veg?**
- Eating more than the recommended amount of veg is rarely a problem. As long you're mixing it up and not counting potato chips as a serve.
- When it comes to fruit, it's worth remembering it contains sugar. So sticking to the recommended 2 a day is a good idea. [Eating less than the recommended amount](#) is where the problems lie.
- According to the [Australia's Health 2018](#) report n 2014-2015 only 50% of adults ate the recommended 2 serves of fruit and only 7% ate the daily 5 serves of vegetables.

Here are some ways to increase your daily serve of vegetables

- Stir fry with capsicum strips, carrot, onion, and snow peas
- A spoonful of sauerkraut with your poached eggs on toast
- Roasted vegetable salad with pumpkin, beetroot, and sweet potato, mixed with raw spinach, cucumber, and asparagus

Even fussy kids can get their daily vegetables. Add a cup of spinach per person to Bolognese or other pasta sauces. Mix it in well so it melts, and they'll hardly notice.

Eating your daily 2 and 5 is important for good health so why not decide to make a habit of adding a few of slices of cucumber or tomato to your sandwich today!



Hoping you all have a good month. Till next month, Unity is Strength.



Leone Ward – Secretary



Weight Reduction Club of Peninsula.



Join us in a fun morning of Prize Bingo.

\$10 Entry Includes – Lucky door ticket - Morning tea,
- 3 Bingo books including 2 Jackpots.

Extras - Lucky number Board \$1 each – Raffles for sale.

Extra books are Available: 3 for \$10 or 6 for \$20.

Where – Memorial Hall, Crn, Oxley Ave, and Hornibrook Esp,
Woody Point.

When – Thursday 28th April 2022.

Start Time – Eyes down... 10 am. 

Bring a friend & receive a free raffle ticket.

We cannot wait to see you there.

What are your lucky numbers ...

Please RSVP by 14th April - For catering and seating
numbers. ... Paula. E. 0421891763.

... Debbie. B. 0414806914.

Blood glucose levels (BGLs) and exercise

This resource is for people with diabetes and helps to explain how your blood glucose levels (BGLs) can change with exercise.

How does exercise change my blood glucose levels (BGLs)?

Exercise can cause your BGLs to increase or decrease. It is important to learn how exercise changes your BGLs, so that you can exercise safely.

BGLs may drop during or after activity

- Exercise like running, swimming or cycling can lower your BGLs during exercise.
- Your BGLs can also decrease for up to 24 hours after exercise.
- To prevent low BGLs (hypos) during and after exercise extra carbohydrate food, less insulin or changes to both might be needed.

BGLs may go up during or after the activity

- High intensity exercise or competitive sport can raise BGLs. This is due to the release of stress hormones.
- BGLs will usually fall again after the exercise.
- Extra carbohydrate or less insulin might be needed after exercise.

How do I manage my blood glucose levels when exercising?

For good BGL control, you may need to change your insulin dose, eat extra carbohydrate food or change both insulin and carbohydrate. Talk to your diabetes team to make a plan that is right for you.

Adjusting insulin dose

How to change your insulin for exercise depends on your fitness level, the duration and intensity of the exercise and your insulin pattern. For example, you may need to reduce your rapid acting insulin if exercising within 2 hours of taking this. Your diabetes team can help to guide you with these changes.

Eating extra carbohydrate food

Extra carbohydrate food may be needed for exercise lasting >30 minutes.

As a general guide consider:

- 1 x 15g (15g) carbohydrate serve for each hour of gentle exercise
- 2 x 15g (30g) carbohydrate serve for each hour of moderate exercise
- 3 x 15g (45g) carbohydrate serve for each hour of intense exercise

See table for examples of carbohydrate serves.

1 serve carbohydrate (15g)
<ul style="list-style-type: none">• 1 slice of bread• 1 piece of fruit (e.g. banana, apple)• 1 cup (250ml) plain milk• 1 tub (150-200g) yoghurt• 2 plain sweet biscuits (e.g. Nice, Arrowroot)• 250ml Gatorade/Powerade• 200ml fruit juice

Exercise tips

- Test BGLs **before, during and after** exercise.
- Talk with your diabetes team to make an exercise plan that works best for you.
- Always carry fast acting carbohydrate to treat a hypo if needed (see table below).

Fast-acting carbohydrate 1 serve (15g carbohydrate)
<ul style="list-style-type: none">• 100ml Lucozade• 7 jellybeans• 150ml soft drink (non-diet)• 200ml fruit juice• 3 teaspoons sugar or honey• Glucose gel or glucose tablets equal to 15g (talk with your diabetes team)

For further information, contact your Dietitian or Nutritionist

Amounts of Fluid in Common Foods and Drinks

 <p>Custard ½ cup = 100ml</p>	 <p>Yoghurt 200g tub = 160ml</p>	 <p>Ice cream 2 scoops = 30ml</p>
 <p>Fruit (orange or pear or apple) 1 medium = 80ml</p>	 <p>Watermelon ½ cup = 100ml</p>	 <p>Rockmelon or Honeydew ½ cup = 100ml</p>
 <p>Porridge 1 cup = 160ml</p>	 <p>Jelly ½ cup = 125ml</p>	 <p>Gravy 2 Tablespoons = 40 ml</p>
 <p>Soup (tinned, packet or homemade) 1 cup = 250ml</p>	 <p>Tea or Coffee 1 mug = 300ml</p>	 <p>Flavoured milk 1 carton = 600ml</p>
 <p>Soft drink or sports drink 1 bottle = 600mls</p>	 <p>Fruit juice 1 cup or tetra pack = 250ml</p>	 <p>Icy pole = 90ml</p>
 <p>Soft drink or Beer 1 can = 375ml</p>	 <p>Wine 1 standard glass = 100ml</p>	 <p>Spirit 1 nip = 30ml</p>

Your Fluid Restriction is _____

Contact your Dietitian for the fluid content of other foods

Information sources:

1. Queensland Health. (2007) Logan Hospital, Dietary management of Heart Failure booklet
2. Queensland Health. (2005) http://www.health.qld.gov.au/nutrition/resources/renal_fluidctrl.pdf
3. Australian Government. (2010) <http://www.health.gov.au/internet/alcohol/publishing.nsf/Content/drinksguide-cnt>

Carbohydrates and Glycaemic Index (GI)

What are carbohydrates?

- Carbohydrates are found in a variety of food and drink, and provide the body with energy.
- Carbohydrates break down into glucose during digestion and increase blood glucose levels.
- Many foods containing carbohydrate also provide dietary fibre, vitamins and minerals.
- The amount and type of carbohydrate you eat will affect your blood glucose levels.

Which foods contain carbohydrates?

Healthy carbohydrate choices:

- Wholegrain bread, Crispbread
- Wholegrain breakfast cereal
- Grains such as Barley, Quinoa
- Pasta, Noodles
- Rice
- Wholegrain flour, Wholemeal flour
- Lentils, Legumes
- Starchy vegetables including Potato, Sweet Potato and Corn
- Fruit
- Milk, Yoghurt



Less healthy carbohydrate choices:

- Biscuits
- Cakes, Pastry
- Sugar, Agave syrup, Rice malt syrup, Coconut sugar
- Jam, Honey, Maple syrup
- Chocolate, Confectionary
- Regular soft drink, Cordial
- Fruit juice
- Potato crisps, Corn chips
- Icecream, Custard



Foods that contain little or no carbohydrate:

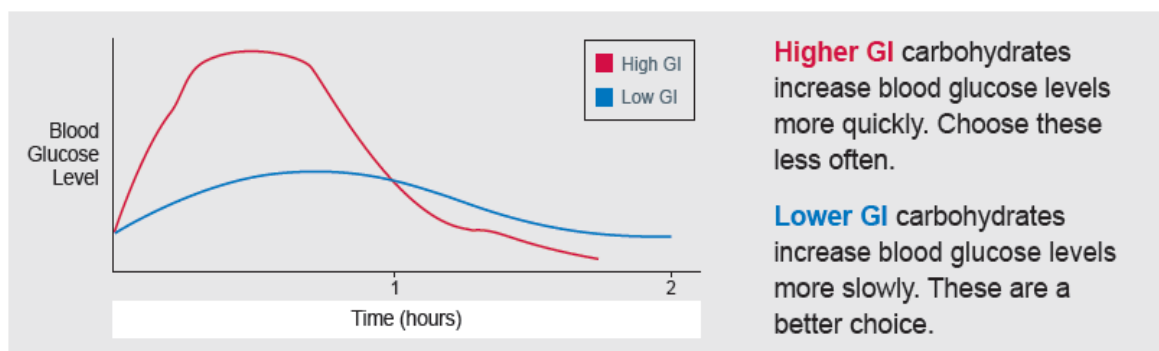
- Meat, Chicken, Fish, Tofu, Eggs, Cheese
- Oil, Avocado, Nuts
- Sugar free drinks, Artificial sweeteners
- Non-starch vegetables including: Lettuce, Tomato, Broccoli, Cauliflower, Zucchini, Eggplant, Bok choy, Okra, Carrots



Carbohydrates and Glycaemic Index (GI)





Glycaemic Index

The Glycaemic Index (GI) is a measure of how quickly or slowly a carbohydrate food is digested and increases blood glucose levels.









Lower and higher glycaemic index choices

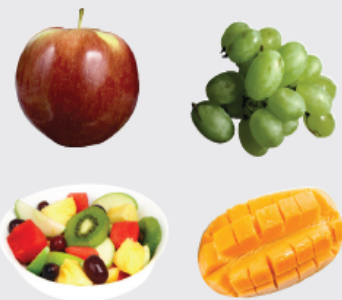


The following food amounts are guides for main meals and may be individualised by your Dietitian. Speak to your Dietitian about what is right for you.

Food	Lower GI	Higher GI
Breakfast cereal  ½ cup muesli or oats  1 cup flake type cereal or 2 cereal biscuits	<ul style="list-style-type: none"> • Untoasted muesli • Rolled oats (Porridge) • Wholegrain or Multigrain high fibre cereals • Uncle Toby's Oatbribs or Multigrain Weetbix 	<ul style="list-style-type: none"> • Instant oats (Porridge) • Sultana Bran • Just Right • Cornflakes • Rice Bubbles • Puffed wheat
Bread  1–2 slices  1–2 wraps or 1 small roti / chapatti	<ul style="list-style-type: none"> • Multigrain and seeds • Traditional sourdough • Pumpnickel • Baker's Delight Low GI white • Coles High Fibre Low GI Flatbreads: <ul style="list-style-type: none"> • Wholemeal pita • Mission Low GI wrap and White Corn tortilla • Roti / Naan / Chappati made with whole wheat atta or chickpea flour 	<ul style="list-style-type: none"> • White • Wholemeal • Dark or Light rye • Bagel • Turkish, Focaccia • White pita • Crumpets • English muffins • White or Wholemeal flour based Roti / Naan / Chapatti

Carbohydrates and Glycaemic Index (GI)

Food	Lower GI	Higher GI
Pasta and Noodles  1 cup cooked or 50g dry	<ul style="list-style-type: none"> • Wheat pasta • Vermicelli • Mung bean noodles • Soba noodles • Fresh rice noodles • Udon noodles • Hokkien noodles • Buckwheat noodles 	<ul style="list-style-type: none"> • Corn pasta • Rice pasta • Potato gnocchi • Instant noodles • Dried rice noodles • Canned spaghetti
Rice  1 cup or 50g dry	<ul style="list-style-type: none"> • White or Brown long grain such as Basmati, Mahatma, Doongara • Wild • Moolgiri • Black, Red • Chia and quinoa rice blends • Sushi made from traditional Japanese rice 	<ul style="list-style-type: none"> • Jasmine • White or brown medium grain • Arborio (risotto) • White rice congee
Grains  1 cup cooked	<ul style="list-style-type: none"> • Quinoa, Barley • Bulghur (cracked wheat) • Pearl or Israeli cous cous • Buckwheat, Freekeh • Semolina • Teff 	<ul style="list-style-type: none"> • Polenta • Cous cous
Lentils and Legumes  1 cup cooked or canned	<ul style="list-style-type: none"> • All dried or canned including Kidney beans, Chickpeas, Brown lentils, Baked beans 	
Starchy vegetables  200g potato  1 cob corn or ½ cup or 75g kernels	Potato: <ul style="list-style-type: none"> • Sweet potato orange flesh • Yam • Nicola, Marfona potato Note: Eat skin on potato to lower GI Corn: <ul style="list-style-type: none"> • Corn cob • Corn kernels 	<ul style="list-style-type: none"> • Potato: all other white varieties such as Desiree, New, Pontiac, Sebago • Sweet potato purple skin, Kumara Note: Most other salad and stir fry vegetables contain very little or no carbohydrate and do not have a GI value. Some semi-starch vegetables, for example pumpkin, peas, carrot, parsnip, broad beans and beetroot have a GI value, but rarely increase blood glucose unless eaten in large amounts more than 200g.

Carbohydrates and Glycaemic Index (GI)

Food	Lower GI	Higher GI
Fruit  1 serve of fruit is similar to a fist size or 1 cup chopped	<ul style="list-style-type: none"> • Apple, Pear • Banana, lightly ripe • Nectarine, Peach • Apricot, Plum • Orange, Mandarin, Grapefruit • Berries • Kiwi fruit • Grapes • Pineapple • Paw paw, Mango • Figs <p>Note: Strawberries, raspberries, blackberries and passionfruit have less carbohydrate compared to other fruits and have less effect on blood glucose levels.</p>	<ul style="list-style-type: none"> • Cantaloupe • Watermelon • Lychee (canned in syrup) <p>Note: fresh fruit is the best option.</p> <p>Dried fruit: eat only small amounts occasionally.</p> <p>Canned fruit: choose lower GI fruit canned in natural juice and drain excess juice.</p> <p>Fruit juice: small amounts less than 150ml.</p>
Milk and Yoghurt  1 cup milk and yoghurt	<ul style="list-style-type: none"> • Milk, Yoghurt • Soy milk, soy yoghurt – choose products that have added calcium <p>Note: Choose reduced fat, reduced sugar varieties for heart health.</p>	<ul style="list-style-type: none"> • Rice milk • Oat milk • Sweetened condensed milk
Crispbread  2-4 crispbread	<ul style="list-style-type: none"> • Vita-Weat 9 Grain • Ryvita Multigrain 	<ul style="list-style-type: none"> • Rice and water crackers • Salada, Sao • Corn thins, Rice cakes • Kavli, Cruskits, Matza • Pretzels



Tips to lower the GI



Acidity will lower the GI of a meal.

Add vinegar or lemon juice to meals as a dressing.



Fibre, particularly soluble fibre, can lower GI.

Add psyllium husk to breakfast cereal; add salad vegetables to a sandwich; add lentils to soup; choose high-fibre wholegrain bread and cereal.



Cooking then cooling rice or potato.

Try in a rice or potato salad.



Eating protein as part of a meal can lower the GI.

Combine fish, lean meat, skinless chicken, egg or tofu with a lower GI carbohydrate food and plenty of low carbohydrate vegetables.

Refer to the Baker Institute's 'Plating it up: the portion guide' fact sheet for more information.

Carbohydrates and Glycaemic Index (GI)

Low GI choices in a healthy diet

Spread your intake of carbohydrate food and drinks at meals and snacks throughout the day. Some meal and snack examples are listed below. **Lower GI choices are in bold font.**

Breakfast

- Untoasted **muesli** (1/2 cup) with reduced fat, no added sugar **yoghurt** (100g)
- **Multigrain bread** (2 slices) served with 1 boiled egg, tomato, mushrooms and spinach
- 1 cup cooked **traditional rolled oats** made with reduced fat **milk** and topped with 1/2 **banana**
- Kellogg's **Guardian** (3/4 cup) with reduced fat **milk**
- Smoothie: reduced fat **milk** (200ml), **berries** (1/2 cup) and reduced fat **yoghurt** (100g)



Lunch / Light meal

- Sandwich: **Multigrain bread** (2 slices), skinless chicken and plenty of salad vegetables
- Soup: **Barley** (1 cup cooked), tomato broth and plenty of low carbohydrate vegetables
- Wrap: **Low GI wrap or wholemeal pita** (1), canned **three-bean mix** (1/2 cup), spinach, cucumber, capsicum
- Warm Salad: **Kidney beans** (150g can), canned tuna and cooked frozen vegetables



Dinner / Main meal

- **Spaghetti** (1 cup cooked) and lean meat bolognese sauce, with a side salad
- Grilled salmon with baked **sweet potato** (200g) and steamed green vegetables
- Skinless chicken and vegetable stirfry with **soba noodles** (1 cup cooked)
- Tofu and low starch vegetable curry served with **basmati rice** (1 cup cooked)



Snacks

- Fruit: **Apple** (1 medium) or **kiwi fruit** (2 small) or **banana** (1 small or half large)
- Reduced fat no added sugar **yoghurt** (200g) or **milk** (250ml)
- **Freedom Foods — Barley + Seven Seeds, Barley + Cranberry and Almond muesli bar** (1 bar)
- **Vita-Weat 9 Grain** (2–4 biscuits) with 1–2 slices of reduced fat cheese
- **The Happy Snack Company Roasted Fav-va Beans or Roasted Chick Peas** (1 pack 25g)



More information

Low GI Diet Shopper's Guide (annual editions) – www.glycemicindex.com

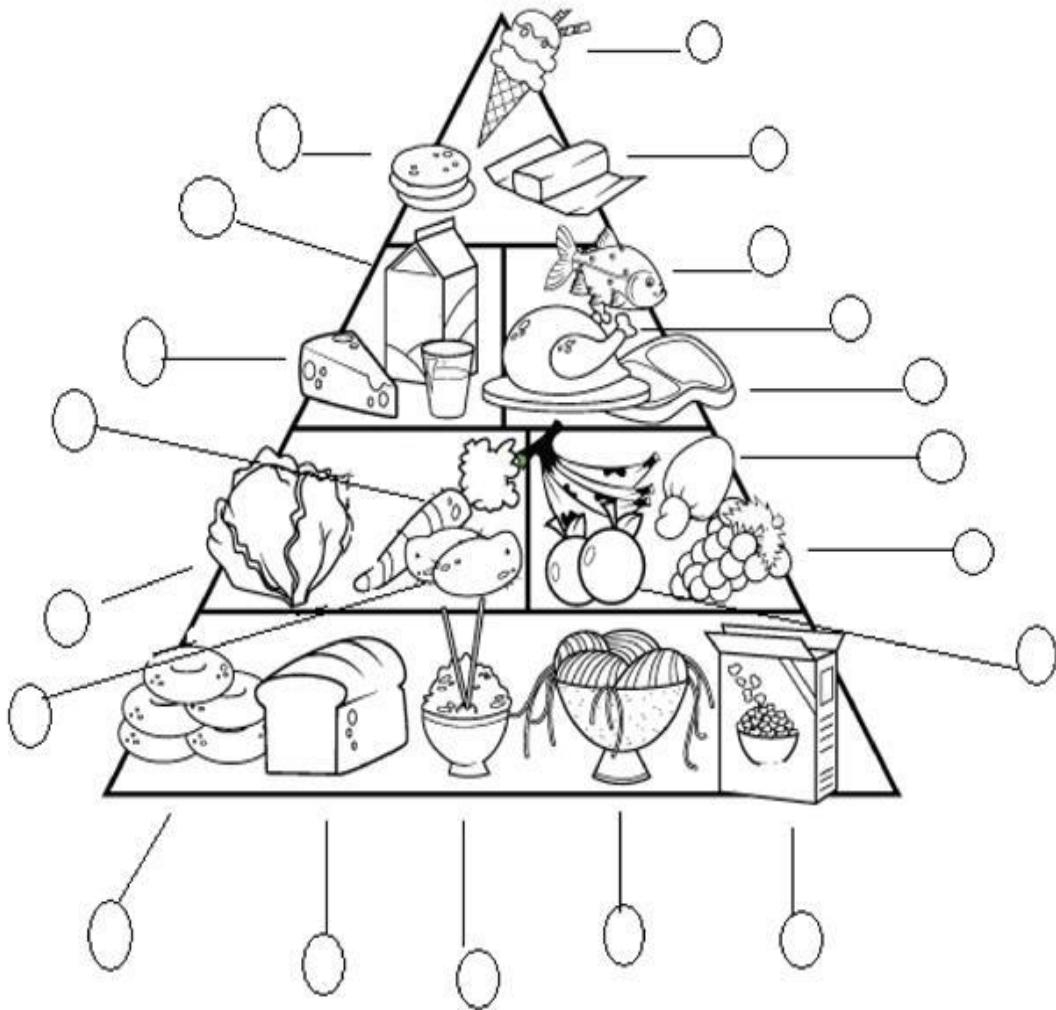


Baker Heart and Diabetes Institute
Level 4, 99 Commercial Road, Melbourne, Vic 3004 Australia
T (03) 8532 1800 F (03) 8532 1899 W www.baker.edu.au



© 2020 Baker Heart and Diabetes Institute
Review date: 2022. Literacy Level assessed.

Food Pyramid



1. pasta

2. fish

3. bread

4. ice cream

5. rice

6. lettuce

7. chicken

8. butter

9. cereal

10. oranges

11. carrot

12. steak

13. grapes

14. steak

15. milk

16. bananas

17. potatoes

18. cheese

19. cashew

F O O D



S _ _ _



R _ _ E



P _ _ T _



P _ _ _



S _ _ _



M _ _ _



B _ _ _



P _ _ _



F _ _ _



C _ _ _ E _



S _ _ D _ I _



H _ _ U _ _



S _ _ _ G _



E _ _



F _ _ C _ F _ S



F _ _ _



T _ _ _



S _ _ _

S U S H R D Z H V R E E L G S
U E I A L E C I V E S N H J A
I M I B L I T I K G E P W J U
H Q A R W A N T K R E G Q L S
H Q C D F E D F U U H M G B A
X U N H G H I Z Z B C A T E G
R A D A I S C F H M Y J S A E
S I R D H C C N S A E E T F C
P I Z Z A Z K P E H W S N L S
Y D A E R B U E I R A N S O Y
O L I V E O I L N P F U E U H
B U N A S J M E A T G P C R D
S E L K C I P T L A S O I W C
Y F E M B E O N R U M R R W V
M A Z F P Y H I M Y M K J U E



O _ _ V _ O _



K _ _ _



P _ _ K _ _



B _ _ _



B _ _ _



C _ _ _ S _



H _ _ _



J _ _