



Winchester
District
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Hospital

Preventing Diabetes Newsletter

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Quote of the Day

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

— Ann Wigmore

The Glycemic Index

If you've attended our “Preventing Diabetes” class you've heard about the *Glycemic Index (GI)*.

The GI is a scale that ranks a **carbohydrate-containing food or drink** by how much it raises blood sugar levels after it is eaten. The ranking is from 1 to 100. The higher the number, the higher the GI. High GI foods raise your blood glucose higher and more quickly than low GI foods. There are 3 GI categories:

Low GI: (less than 55) **Best Choice**

Medium GI: (56 to 59) **Okay Choice**

High GI: (70 or more) **Mostly avoid**

Foods that contains carbohydrate include fruit, milk, yogurt, beans of all kinds and your Grains and Starches like breads, rice, pasta, cereals, quinoa, barley, oats, potatoes, etc.

Choosing **a little over half** of your carbohydrate foods in the low GI category at each meal can really help control your blood glucose. Portion size still matters (*remember 1/4 plate for the Grains and Starches*) but by choosing lower GI foods you are helping your body slow down how quickly those carbohydrate rich foods raise your blood sugar after a meal.

For a list of high/med/low GI foods visit:

⇒ Diabetes Canada Glycemic Index list: <http://guidelines.diabetes.ca/docs/patient-resources/glycemic-index-food-guide.pdf>

⇒ glycemicindex.com

Making small changes make a big difference in the long run. Here are some easy low GI tips that may help:

- If you pair a low GI food with a high GI food, you get an overall lower GI—usually in the medium category. For example: If no meal is complete without potatoes, try a half and half mix of your regular potato (high GI) with sweet potato (low GI). You can roast them, bake them, mash them.
- Let your cooked potatoes come to room temperature to lower the GI
- If you like the convenience of instant rice or pasta (high GI and low in nutrients), mix equal amounts of the prepared rice (high GI) with an equal amount of rinsed canned lentils (low GI).
- Switch from cold cereal to oatmeal. No time to cook? Try the cold cook method.
- Try using white kidney beans instead of potatoes in soups & stews.
- If you bake, cut back on the white flour and mix with some lower GI flours like barley or spelt flour.
- Get rid of the rice cakes and try Ryvita or Wasa crackers.
- Switch from white wraps to a whole grain wrap like Dempster's Ancient Grains.

As always, hope this helps.

Easy Overnight Muesli



Instructions

Makes 1 serving

1. In a medium bowl (or Mason jar) mix together oats, milk and raisins. Cover and refrigerate over night.
2. Just before serving, add yogurt, almonds and grated apple. Stir in lemon juice and cinnamon for extra flavour.

Ingredients

- 1/2 cup large flake rolled oats
- 1/3 cup low fat milk (1% or less)
- 1/2 tablespoon raisins
- 1/4 cup plain yogurt (2% or less)
- 2 tablespoons slivered almonds
- 1/2 medium red apple, grated
- 1 teaspoon lemon juice (optional)

Nutritional analysis per serving

Calories 383 kcals, Protein 15g, Carbohydrate 55g, Fibre 7g, Fat 13g. Glycemic Index 48

Recipe adapted from Dietitians of Canada “Low Glycemic Index Recipe Booklet”

FYI

⇒ There is much more you can do to help decrease the GI of a meal. For a more in depth look at the Glycemic Index, check out “The New Glucose Revolution” by Brand-Miller and Wolever. You can also make an individual appointment with our dietitians.

⇒ Below are some low GI products mentioned:

