

# GI News December 2008



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- Celebrate with dealcoholized wines and beers
- Johanna's sensational Spiced Pears with Zabaglione Sauce

This issue of *GI News* is packed with tips to help you keep the pounds at bay over the festive season from eating slower and leaving the table feeling as though you still had room for a little more, to choosing low-energy-dense foods and cutting back on alcohol. News Briefs looks at glycemic control: how tight is right and how to get there while Alan Barclay reminds us that treating diabetes is a team effort and the most important member of the team is you. With four delicious recipes and a new low GI chocolate treat from Canada, there's plenty for good eating, good health and good reading.

Season's greetings.

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## Food for Thought

### Slow down and you could slim down

When Uncle Percy came to dinner, we always found it hard to keep a straight face with the inevitable lecture on chewing each mouthful 32 times! We later discovered he was a huge fan of The Great Masticator, Horace Fletcher, who believed that 'prolonged chewing precluded overeating, led to better systemic and dental health, helped to reduce food intake, and consequently, conserved money.' (*J. Hist. Dent.* 1997 Nov.) At 45, Fletcher had been 'overweight, short of breath and in poor condition'. At 60, thanks to his new regimen, 'he outdid college athletes in gymnasium tests of endurance, went on long tramps and climbed mountains with the vigor of youth. He had considerably reduced his weight and was living on a much smaller ration than formerly,' according to his bio in *The American Journal of Public Health*.

The evidence is piling up that Percy, Horace and Grandma were all onto something when they told us to sit down to eat (elbows off the table), chew our food properly (the mouth is where digestion begins), and to leave the table feeling as though we still had room for a little more rather than stuffing ourselves until we were FTB (full to the brim).

In the [\*Journal of the American Dietetic Association\*](#), Researchers Ana M. Andrade and her team report that eating slowly may help to maximize satiation (basically how quickly and to what extent we feel full while we eat) and reduce energy intake within meals. In their study, 30 young, healthy volunteer women ate around 70 fewer calories (294 kJ) in a meal when they slowed down. They also felt fuller and more satisfied after eating. The women tucked into the same meal (pasta with tomato-vegetable sauce and grated parmesan cheese, plus a glass of water) on two separate occasions. They ate ‘meal one’ as fast as they could with no pauses between bites, and took their time over ‘meal two’ with small bites, chewing each mouthful 20–30 times and putting their spoon down between bites. Check out the difference. They put away an average of:

- 646 calories (2713 kJ) in about 9 minutes when eating fast.
- 579 calories (2432 kJ) in about 29 minutes when eating slowly.

A recent study published in the [\*British Medical Journal\*](#) reports that people who wolf down their meals until they are full to the brim are more likely to be overweight. Koutatsu Maruyama and colleagues measured the BMI of some 3300 adults in Japan and asked them to complete questionnaires about their eating habits over the previous month. After adjusting for confounders including calorie intake, they found that those who reported eating until they were full had roughly twice the odds of being overweight, compared with those who stopped eating sooner. Those who ate quickly were also about twice as likely to be overweight as those who ate more slowly. Being overweight was especially common among those who ate fast and until bursting. However, because it’s difficult to estimate cause and effect in a cross-sectional survey like this, further studies are needed to ‘validate these associations between eating behavior patterns and being overweight,’ say the researchers.

In an editorial in the same issue of the [\*British Medical Journal\*](#), Drs Elizabeth Denney-Wilson and Karen Campbell, suggest how eating patterns might be contributing to the obesity epidemic. On the one hand fast food and fewer families eating together may promote speed eating, while the availability of inexpensive energy-dense foods served in larger portions may encourage eating beyond satiety. So what’s the good news? Speaking to *GI News*, Dr Denney-Wilson says there’s evidence that we can learn to eat more slowly. Here’s how:

- Make sure your meals include plenty of ‘chew foods’ such as lean meat, crunchy salads and vegetables, wholegrains like brown rice and pearl barley.
- Put your fork down between mouthfuls.
- Take small bites. Cut your meat into tiny bites, before you begin eating.
- Pace yourself. Don’t take your lead from the ‘bolters’ at the table.
- Take a break between second helpings or dessert to let your stomach have a good chat to your brain.
- Don’t get so hungry you could eat the proverbial horse. Wolfers are often skippers. Have a healthy snack between meals to keep the pangs at bay.
- Eat meals as a family (or with partners/friends/flatmates) with the TV off – look at mealtimes as a time to catch up and enjoy the company you keep.

As for eating until you are not quite full, let your plate be your guide while you learn to listen to your tummy for starters. Don’t fill it to the rim. Amanda Clark compares a modest, 350 calorie

(1470 kJ) dinner plate with a rim-to-rim, 450 calorie (1890 kJ) dinner plate in her new book, [Portion Perfection](#). And parents, don't force your children to eat more than they want to – let them learn to recognise the cues from their bodies that tell them when they are full.



## News Briefs

### How tight is right and how to get there

With the explosive development of new classes of blood glucose-lowering medications offering an increased number of treatment choices, the question for physicians and for people with diabetes is how tight is right and how to get there. In an editorial in [Archives of Internal Medicine](#), Dr David Nathan says: ‘For now, the approach to the type 2 diabetes epidemic should include attempts to prevent the disease and to treat it with the medications known to be safe and effective. Given the magnitude of the epidemic and the central and demonstrated role of glycemic control in ameliorating the toll of microvascular and neuropathic complications, we should continue to emphasize a goal of HbA1c levels of less than 7.0% for patients likely to benefit and the aggressive application of other interventions that reduce cardiovascular disease risk as demonstrated in clinical trials.’



“Your blood sugar is high, but your salt, pepper, ketchup, mustard and grated cheese levels are fine.”

Step 1 in treating new-onset type 2 diabetes and reducing the risk of complications, according to the American Diabetes Association and the European Association for the Study of Diabetes in its 2006 consensus statement, is lifestyle interventions to improve glucose, blood pressure, and lipid

levels and to promote weight loss or at least avoid weight gain – and lifestyle interventions should remain an underlying theme throughout the management of type 2 diabetes, even after medications are used. The 2008 update published in [Diabetes Care](#) (PDF) advises that:

- People with diabetes should strive to achieve and maintain hemoglobin A1c (2–3 month average blood glucose) levels under 7%.
- Physicians should begin treatment with lifestyle intervention and metformin (because of its effect on glycemia, absence of weight gain or hypoglycemia, good tolerability profile, and relatively low cost).
- If that does not achieve or sustain the glycemic goals, then step 2 is adding another medication (e.g., sulfonylureas, basal insulin) within 2–3 months.
- If the above therapies do not work, then step 3 is starting or intensifying insulin therapy.

**GI Group: Treating diabetes is a team effort and the most important member of your team is you.**

‘Working with a healthcare team is the best way you can avoid the serious complications that diabetes can cause,’ says Dr Alan Barclay, coauthor of *The Diabetes & Pre-diabetes Handbook (New Glucose Revolution for Diabetes in the US and Canada)*. ‘That’s the clear message from numerous studies of people with diabetes in recent years. Make sure you know as much as possible about your diabetes, are involved in the decisions about treatment and act on the advice that you are given. If the combination of weight loss (if necessary), a healthy diet, physical activity and medication delivers near normal blood glucose levels, your diabetes is well managed and your risk of complications is much lower. Knowledge is your best defence. Working with your healthcare team, here’s what you need to aim for:

- Hemoglobin A1c – under 7%
- Blood glucose levels 4–8mmol/L (72–144 mg/dL)
- Blood pressure – under 130/80
- Cholesterol – under 4 mmol/L (156 mg/dL)
- A healthy weight
- A healthy eating plan
- Regular exercise
- Regular eye checks, and
- Regular foot examinations.

### **Squelch hunger pangs with low GI low-energy-dense foods**

In October *GI News*, Catherine Saxelby reported that researchers from Johns Hopkins Bloomberg School of Public Health found they could drop the calorie (kilojoule) content of a lunch meal by half if they substituted ground (minced) white button mushrooms (a low calorie, low-energy-dense food) for beef mince (much higher in both departments) in familiar dishes like lasagna, ‘sloppy Joe’ (a kind of savoury mince) and ‘chili’ (as in con carne). The study participants didn’t rate the taste of the mushroom meals any differently from the beef meals. And despite consuming fewer calories with the mushroom meals, they didn’t compensate by eating more later in the day.

‘Energy density’ simply means how many calories there is in each mouthful of a food.

- A food that is high in energy density has a large number of calories in that mouthful. Most modern-day snacks for example are energy-dense. They pack a lot of energy (the scientific term for calories/kilojoules) into a small volume (your mouth).
- A food that has a low energy density has fewer calories for the same mouthful of food.

It’s not rocket science to work out that tucking into too many energy-dense foods will pile on the pounds. This is because most of us tend to roughly the same weight of food each day regardless of calories. If we can choose foods that offer fewer calories for the same amount of food, we will be able to manage our weight more effectively. We may also reduce our risk of type 2 diabetes according to a large prospective study published in [Diabetes Care](#) that suggests that the energy density of our diet may itself be a risk factor for diabetes, regardless of BMI, total energy intake and other known risk factors for diabetes.

***The bottom line:*** Don’t worry about calculating numbers or investing in another diet book. A healthy, low GI diet rich in fruit and vegetables, unprocessed or minimally processed fibre-rich grain foods (the low GI ones of course) and lean protein – legumes, fish, skinless poultry, low-fat dairy foods – is a low-energy-density way of eating that squelches those hunger pangs and helps you manage blood glucose levels.

#### **What's new?**

##### ***Hot Flashes, Hormones, and Your Health***

Dr JoAnn E. Manson with Shari Bassuk, McGraw-Hill

Although subtitled ‘Breakthrough findings to help you sail through the menopause,’ this book is more a guide to the latest scientific evidence on the risks and benefits of hormone therapy and whether you should start or stop from the Professor of Medicine, Harvard Medical School and Chief, Division of Preventive Medicine, Department of Medicine, Brigham and Women's Hospital. Chapters cover treating the symptoms of menopause; the rise, fall and (cautious) return of hormone therapy; evaluating the risks and benefits; and how to calculate (and reduce) your risk of five health outcomes associated with hormone therapy.

Regarding type 2 diabetes, here’s the ‘bottom line’ according to Manson: ‘Hormone therapy may lower the risk of type 2 diabetes. However, many women at risk for diabetes are also at heightened risk for developing coronary heart disease and stroke and therefore are not good candidates for hormone therapy.’ So check it out and talk to your doctor.

##### **Dr Neal Barnard, *The Reverse Diabetes Diet***

Australian lecture and book signing tour

All lectures will be followed by a book signing and are free and open to the public.

To RSVP to any of these events, please e-mail: [contact@zeitgeistmediagroup.com](mailto:contact@zeitgeistmediagroup.com)

***Brisbane*** Monday, Dec. 1, 6:30 pm

Where: State Library of Queensland Cultural Centre Auditorium 2

**Sydney** Wednesday, Dec. 3, 6:30 pm

Where: State Library of NSW, The Dixon Room

**Melbourne** Thursday, Dec. 4, 6:30 pm

Where: The University of Melbourne, Elisabeth Murdoch Building, Theatre A, Building 134  
(Gate 3 entry off Swanston Street)

## Food of the Month with Catherine Saxelby

### Chocolate – pleasurable indulgence or antioxidant-rich super food?

Chocolate is the world's favourite flavour for ice cream, cakes, sweet sauces and milk shakes and those who say they don't like it are few and far between. Each new study on the alleged benefits of chocolate's antioxidants is greeted with glee (and headlines), and has given chocoholics and health-conscious consumers the green light to indulge. Is it any wonder sales of dark premium-end chocolate are booming and trendy chocolate cafes from Guylian, Max Brenner and Lindt are springing up in our city centres?

***The good news on antioxidants*** Cocoa and dark chocolate have been found to be abundant in a class of antioxidants known as procyanidins (OPCs). You'll also see these referred to as flavonols or polyphenols (which is the general term for this whole class of related antioxidants including those found in tea and red wine). These cocoa flavonols are platelet inhibitors which research now shows have a mild anti-coagulation effect as well as being anti-inflammatory. They can also keep arteries elastic, lower blood pressure, prevent cholesterol from being oxidised and even prevent cancer. But it's still early days in the research department. And not all chocolate is created equal. This research applies to dark chocolate (where the level of cocoa solids is high from 35–70%). Milk chocolate has much less (and the milk may actually interfere with the absorption of the antioxidants into the body); white chocolate has none. Some manufacturers have modified their dark chocolate so it's less bitter with slightly lower cocoa solids but still high in the important flavonoids (e.g. Mars Cocapro, Nestle Club).

***Guiltless sweet?*** Antioxidants aside, chocolate remains a rich, high-fat/high-sugar (30% fat and 50% sugar), concentrated food that packs a lot of calories into a very small piece – which explains why hikers take it on long treks and soldiers are never denied a bar in army survival rations. Take the average 50 g (just under 2 oz) bar of chocolate. It supplies 1100 kJ (260 cal). This is twice as much as you get from 50 g of steak (410 kJ/98 cal) or even 50 g of fried potato chips at 500 kJ/120 cal). That 50 g bar slaps on 15 g of fat plus 25 g sugar. The good news is that even though the fat is mainly saturated, much of the saturated fat is in the form of stearic acid, which has little effect on blood cholesterol. So even those wanting to follow a 'heart healthy' diet can still happily eat a piece in moderation.

But, however much some people would love to hear it, chocolate does not qualify as a super food alongside vegetables, fruit and whole grains. It's a treat food, and even then you need to keep the doses small. And small means SMALL, about 20 g or 3 squares a day as part of a healthy diet.

For more information on super foods and healthy eating, visit Catherine's website:  
[www.foodwatch.com.au](http://www.foodwatch.com.au)

### ***Zest: The Nutrition for Life Cookbook Offer***

Dietitian and nutritionist Catherine Saxelby has a [TWO FOR ONE](#) offer with copies of her popular cookbook *Zest* from now until Christmas from her online nutrition & health bookshop. Buy one, get one free to give to a friend or relative. Last delivery to make it in time for Christmas is Monday 15th December.

## **Low GI Recipes of the Month**

Our chef Kate Hemphill develops deliciously simple recipes for *GI News* that showcase seasonal ingredients and make it easy for you to whip up healthy, low GI meals and snacks. For more of Kate's fabulous fare, check out her website: [www.lovetocook.co.uk](http://www.lovetocook.co.uk). For now, prepare and share good food with family and friends.

### **Cardamom & blueberry smoothie**

It might seem obvious to throw a few things together for a smoothie, but this is such a great combination I thought I'd share it. If are a lassi fan, you'll like the addition of spices. If you're not using frozen berries, add a couple of ice cubes for a nice chilled smoothie. This is very much a summertime smoothie, when nectarines aren't in season, use half a pear, peeled of course.

Serves 2

1 large ripe banana (about 200 g/7 oz), peeled and chopped  
5 tablespoons fresh or frozen blueberries  
1 ripe nectarine, peeled, stoned and cut into chunks  
1½ cups (375 ml) semi-skimmed milk  
1 teaspoon runny honey  
¼ tsp ground cinnamon  
¼ tsp ground cardamom

- Combine all ingredients in a blender or blitz with a hand blender until smooth. Drink within 30 minutes or the solids will separate.

*Per serve*

Energy: 1030 kJ/ 245 cal; Protein 6 g; Fat 3 g (includes 1.5 g saturated fat and 13 mg cholesterol); Carbs 43 g; Fibre 5 g

**Low GI fare from Johanna's kitchen:** In *GI News* American dietitian, Johanna Burani shares her recipes photographed by husband Sergio. (Adapted with permission from *Good Carbs, Bad Carbs*, Da Capo Lifelong Books, New York.)

### **Baked spiced pears with zabaglione sauce**

Pears with cinnamon and cardamom are a marriage made in culinary heaven. Adding the most 'divine' of all Italian sauces, zabaglione, makes this dessert a truly ethereal experience. This full-bodied dessert relies exclusively on the wholesome flavors of its ingredients and not added fats, making it an excellent finish to a hearty holiday meal – or even Christmas dinner.

Serves 4



2 ripe Bosc pears  
2 tablespoons sugar, divided  
¼ teaspoon ground cinnamon  
¼ teaspoon ground cardamom  
1 egg yolk  
2 tablespoons marsala wine

- Preheat the oven to 180°C (350°F).
- Peel, halve and core the pears. Place them cut side down in a rectangular baking pan with just enough water to cover the bottom of the pan.
- Combine 1 tablespoon of the sugar with the spices, and sprinkle half of this mixture over the pears. Bake the pears for 5 minutes in the preheated oven. Turn the pear halves over, sprinkle with the remaining sugar-spice mixture and continue to bake for another 5 minutes. Pears are done when they are easily pierced by a fork but still hold their shape. Large pears may take a little longer to cook. Remove from the oven, place in individual dessert dishes and set aside.
- To make the sauce, combine the egg yolk and remaining tablespoon of sugar in a very small saucepan and mix vigorously for at least 5 minutes with a wooden spoon. Slowly add the marsala and mix well. Heat over low heat stirring constantly for approximately 1 minute or until the mixture thickens **WITHOUT COMING TO A BOIL**. Pour the sauce over the pear halves and serve warm or at room temperature.

*Per serve (Serving size: ½ pear with 2 tablespoons of sauce)*

Energy: 416 kJ/ 99 cal; Protein 1 g; Fat 2 g (includes less than 1 g saturated fat and 55 mg cholesterol); Carbs 21 g; Fibre 2 g

Visit Johanna's website: [www.eatgoodcarbs.com](http://www.eatgoodcarbs.com).

The following recipes from *The Low GI Family Cookbook* are perfect for the festive season.

### **Frozen Berry Yoghurt**

Anneka Manning's frozen yoghurt is easy to prepare and perfect for summery desserts. You can refreeze it in single serve containers in Step 3 rather than 1 large container if you prefer and have it on hand as an after-school snack.

Serves 6 (see photo above on the Family Cookbook)

250 g (9 oz) fresh or frozen  
mixed berries  
3 x 200 g (7 oz) tubs low fat  
vanilla yoghurt  
2 egg whites  
2 tablespoons pure floral honey

- Place the berries and yoghurt in a food processor and blend until smooth. Transfer to a medium-sized bowl and set aside.
- Whisk the egg whites in a clean, dry bowl until stiff peaks form. Add the honey a tablespoon at a time, whisking well after each addition until thick and glossy. Fold into the berry yoghurt mixture until just combined.
- Pour the mixture into an airtight container and place in the freezer for 4 hours or until frozen. Use a metal spoon to break the frozen yoghurt into chunks. Blend again in a food processor until smooth. Return to the airtight container and refreeze for 3 hours or until frozen. Serve in scoops.

*Per serve*

Energy: 540 kJ/ 129 cal; Protein 7 g; Fat 0.3 g (includes less than 0.1 g saturated fat and 6 mg cholesterol); Carbs 22 g; Fibre 1.4 g

### **Vegetable roasties**

Make the most of moderate and low GI root vegies. They are packed with vitamins, antioxidants and fibre and simply scrumptious roasted this way as a side dish with a roast dinner. We promise you won't miss the baked spuds.

Serves 6

1 medium orange sweet potato (about 500 g/17 oz)  
2 medium parsnips (about 400 g/14 oz)  
2 medium carrots (about 250 g/9 oz)  
1/2 medium butternut pumpkin (about 700 g/24 oz)  
3 teaspoons olive oil  
Pinch salt (optional)  
Freshly ground black pepper  
4 sprigs rosemary, thyme or oregano, leaves removed from stems

- Preheat the oven to 220°C (440°F) and line a roasting pan with non-stick baking paper.
- Peel all the vegetables, deseed the pumpkin and cut the vegetables into 2.5 cm (1 in) chunks. Place them in the prepared roasting pan, drizzle with the olive oil and a tiny sprinkle of salt (if using), pepper and herbs. Use your hands to toss the vegetables to coat with the oil and seasonings.
- Bake for 1 hour, or until golden and tender, tossing the vegetables about 3 times during cooking so that they brown and crisp evenly. Serve immediately.

*Per serve*

Energy: 762 kJ/ 181 cal; Protein 6 g; Fat 3 g (includes 0.3 g saturated fat and 0 mg cholesterol); Carbs 29 g; Fibre 6.5 g

## Busting Food Myths with Nicole Senior

***Myth: Sea salt is healthier***

***Fact: All salt contains sodium harmful to your health***

Not to be too dramatic, but the saying “pure, white and deadly” is quite fitting for this ubiquitous food ingredient. If it’s good luck you want, you’re better off throwing a pinch of salt over your shoulder than into your dinner. Professor of Medicine at Sydney University Bruce Neal, chair of the Australian division of World Action on Salt and Health ([www.awash.org.au](http://www.awash.org.au)) says, “reductions in dietary salt consumption have greater potential to avert death and disability than stopping smoking”. His comment, surprising to many, arises from an investigation published in *The Lancet* medical journal exploring the costs and benefits of salt reduction and smoking cessation for chronic disease prevention. In short, the study showed we can save lives if we desalinate our food. The problem is, too much salt increases blood pressure and high blood pressure increases the risk of heart attack and stroke: our biggest killers.

***Sea salt is not healthier*** Sea salt oozes natural food cred, while exotic and expensive gourmet sea salt is revered in the foodie world. Kosher salt and many other weird and wonderful kinds jostle for our attention. A quick online search revealed extraordinary claims for sea salt that take unhealthy marketing hype to new levels such as: ‘one of God’s gifts,’ ‘salt-deficiency is the cause of many diseases,’ ‘evidence for healing,’ and ‘contains 80 mineral elements the body needs’. The fact is, while sea salt (or any other kind) may add subtle differences in flavor and texture, it contains just as much harmful sodium than regular table salt. In terms of mineral content, the amounts are so small you would need to poison yourself with sodium in order to obtain useful quantities of minerals otherwise found in nutritious foods. For instance, one posh French sea salt with the highest amount of magnesium I could find only contained 0.71g/100 g. If you were to add a very generous 1 teaspoon (5 g) of this stuff to your food on a single day, you would obtain a paltry 0.0355 g (35 mg) of magnesium. This is around 8–11% of the Recommended Dietary Intake of magnesium for adults, but comes with a hefty 2400 mg of sodium: one and a half times the 1600 mg a day Suggested Dietary Target (SDT, Australia and New Zealand). Cheaper sea salts would offer an even worse sodium bang for your magnesium buck.

The bottom line is to add as little salt as possible and recent advice suggests using salt with added iodine ('iodised' salt) in order to increase your intake of this essential but hard-to-get trace element. Importantly, check the label of processed food to find the lowest in sodium as this is where the majority of the salt in our diet comes from. If you'd rather starve than cut back on salt, you're underestimating the marvelous ability of human taste buds to adapt to less salt over time. If you reduce the salt in your diet gradually, the suffering will be minimal. Get into taste sensations offered by garlic, onion, lemon, herbs and spices and soon a whole world of real food flavor will open up.

For more interesting food facts and great tasting heart-friendly recipes with less salt, go to [eattobeatcholesterol.com.au](http://eattobeatcholesterol.com.au) . If you'd like great ideas for simple, heart-friendly food made with the goodness of healthy fats and oils with less salt , try *Heart Food or Eat to Beat Cholesterol*. Both titles available from [www.greatideas.net.au](http://www.greatideas.net.au).

## Healthy Kids with Susie Burrell

### **Lifestyle lesson number 4: Christmas is just 1 day!**

Christmas and the school holidays can be a challenge for families with too many high calorie, high fat foods in the home along with all those hours to be filled as structured activities go on hold, friends go away for the holidays and screens (TV, computer, movie) beckon. Not surprisingly, weight gain is common for parents and kids. In fact, the average weight gain for adults in Australia over the summer holiday period is 1–2 kg (2–4 pounds)!

Remember, Christmas is just 1 day, not 6 weeks. Here are some tips to help you keep yourself and your kids a healthy weight over the break.

- Over the festive season, place a limit on treats your children eat each day – for example 1–2 chocolates a day so children are aware they can have extras but not overeat.
- Don't buy too much food – if it's there and in the fridge or on the pantry shelf, it will be eaten.
- Buy treats in small amounts only.
- Structure in treats each week over the holidays so your children know when they will be having them. And remember, treats don't have to be food! Doing things and having fun together as a family can be a real treat.
- Use your veto power. Ask family and friends not to give your family food gifts or treats like cookies, lollies or chocolates.
- Choose water instead of high-calorie soft drinks and fruit juices which can pile on the pounds quick smart.
- Look at the holidays as a time to do more activity not less. Children need to be active for at least 1–2 hours every single day. Enjoy a daily family walk or bike ride or ball game in the park, or trip to the beach or local pool.
- Have firm limits on the amount of television your children watch and computer time you allow. Aim for 1–2 hours each day. Discuss it beforehand so everyone knows where they stand.

- Enrol the kids into as many structured holidays activities as you can afford. Check out your local council website or school holiday camp websites to see what's on offer.
- Stick to standard meals times (at the table, TV off) to avoid constant grazing, which promotes overeating.
- Eat before you head out to the mall or the movies, so that the kids don't get hungry.
- Make a pre-emptive strike if you are going to be out for a long time – have a chat before you leave the house about what food you are prepared to buy.
- Pack a snack pack to deal with hunger pangs – keep apples and healthy wholegrain snack bars in your bag along with a bottle of water.
- Low fat smoothies, sushi, burgers (with one meat pattie), wraps and low fat muffins are the best options when eating out. Try and avoid deep fried fries, pies and pizza as well as soft drinks at all times.

Susie Burrell is a specialist Weight Management Dietitian at The Children's Hospital at Westmead. In her private practice, she balances her clinical work with writing for print and electronic media. For more information check out: [www.susieburrell.com.au](http://www.susieburrell.com.au).

## Move It & Lose It with Prof Trim

### **Why alcohol is not totally innocent in the lard production department**

We've said all along that alcohol *per se* is not fattening *per se*. Of the three biochemical means of metabolising alcohol, none result in its direct conversion to fat. However, research from several centres shows that our inhibitions go down when we have a drink. Hence those fattening salted peanuts look more appealing, and the means of resisting are less after a few drinks. Food intake also tends to increase when alcohol is drunk with a meal. Some studies show this could be as much as 200 calories (840 kilojoules) per meal, which could mean an extra kilo (couple of pounds) every month or so. This is particularly so if the meal is preceded by high fat pre-dinner snacks and alcohol (e.g. beer and peanuts or chips/crisps).

It's also true that too much alcohol (i.e. a binge) is not only bad for the overall health, but tends to cause changes in eating behaviour the next day. How often have you felt like a salad and fruit, rather than bacon and eggs the morning after for example? So while the odd drink may not be a cause of concern (except in those aggressive types), there's no reason to take it up if you are a nondrinker. If you like a tittle, here's some advice for the health (and weight):

- Drink small amounts frequently (rather than binge infrequently)
- Have a couple of AFDs (alcohol free days) per week
- Avoid high energy mixes (soft drinks, fruit juice etc.)
- Watch what you eat when you drink
- Be conscious of how much you are eating when drinking with meals.

For more information on weigh loss for men, check out [Professor Trim](#).

## Curly Questions

**Any tips for enjoying a low GI Christmas dinner without piling on the pounds? The roast turkey is non negotiable!**

Putting on weight over the Christmas period is a problem for many of us – all that eating with family and friends. But, it's more likely to be all the trimmings and treats that pile on the pounds rather than The Dinner itself. A word of warning: a single mince pie contains about 250 calories! Here's what the [British Dietetic Association](#) suggests:

‘Turkey is a low fat meat – most of the fat is stored in the skin, so remove the skin and you cut down on fat. Adding plenty of seasonal vegetables such as unbuttered Brussels sprouts, peas and carrots will contribute to your 5-a-day fruit and vegetable intake ... Smoked salmon makes a good starter and is a source of omega-3 fatty acids, which helps keep your heart healthy; alternatively try a hearty vegetable soup or a refreshing melon starter. Christmas pudding is rich so a small portion should be satisfying enough, or you could go for fresh fruit salad or baked apples as a virtuous alternative ... (For snacks) have healthy options to hand, such as fresh or dried fruit like dates, figs and apricots. Satsumas are handy, so keep a large bowl of these other fruits close by. Chestnuts are lower in fat than most nuts so roast a few and leave the salted peanuts to one side.’

All we would add is ditch the Yorkshire pud, cut back on the roast potatoes and include some lower GI options like roasted pumpkin, sweet potato and parsnips along with carrots and onions. And keep those portions moderate, eat slowly and say no thanks to seconds – remember Grandma's words: ‘you should leave the table feeling as though you still have a little room in your tummy’.

**I have seen a number of articles now suggesting that drinking fruit juice is not a good idea for those of us trying to maintain a healthy weight and glucose levels. I know we are encouraged to drink water, but it's not always what you want when you sit down with friends on a summer's evening or join colleagues for that after-work drink.**

It's a great idea to choose non-alcoholic alternatives to enjoy the spirit of the occasion without the side effects and (possibly) half the calories. You don't have to toss a coin to decide between energy-dense juice or soda with a dash of lime or verjuice. There are plenty non-alcoholic beers and wines to choose from, although you may have to BYO, as they aren't widely available in restaurants and bars. You can, however, pick up a bottle from your supermarket, maybe your local liquor store, and of course online.

Non-alcoholic wines are actually de-alcoholised wines. The wine is made the traditional way (even ‘aged in oak’ at times, and then the alcohol is removed. The legal definition of a non-alcoholic beverage means it has less than 0.5 percent alcohol. This is because it is just not possible to remove 100% of the alcohol. It's a pricy process and the end result isn't the same as regular wine or beer so it's best not to compare them. But do check them out, you'll be surprised at the range on offer and you are sure to find one that appeals. Joe Timmins of Clearmind who distribute dealcoholized beverages such as Ariel wines and Lowenbrau Alkoholfrei in Australia and New Zealand says that the market isn't niche at all – it is growing in leaps and bounds and includes large numbers of people who don't drink for religious or health reasons including

pregnant women and, he says, ‘there are many people who simply want an alternative because they are on duty or on call like doctors or airline pilots, or simply want an alcohol-free option’. Joe agrees that there’s a big range in the quality of what’s on offer in the supermarket, so it pays to be choosy, just as you would with any wine or beer. ‘I really love the Ariel reds as my favourite food is Italian,’ he says. For more information on dealcoholized wines or beers (or to opt for a clear head over Christmas/New Year and order some), check out [Clearmind](#).

In *The Diabetes and Pre-diabetes Handbook (The New Glucose Revolution for Diabetes in North America)*, dietitian Dr Alan Barclay says: ‘Low alcohol and alcohol-free beers contain roughly the same amount of carbohydrate as the alcoholic varieties and will have little effect on your BGLs if you drink them in moderation. Many low- and non-alcoholic wines, on the other hand, are based on grape juice, and give you about 10–15 g of carbohydrate per 100 ml (a bit under ½ cup) serve (do check the label). They probably won’t cause your blood glucose levels to rise rapidly, but just because they are alcohol free, don’t think you can drink them freely if you are watching your BGLs or your weight. If you want something a bit more exotic, you could always try a mocktail.’

	<b>Mickey Mouse</b>	<b>Lethal Weapon</b>
Glass	270 mL hi-ball glass	310 mL hi-ball glass
Mixers	90 mL orange juice, 30 mL diet raspberry cordial, 90 mL diet lemonade (Sprite)	210 mL vegetable juice, 1 <u>tspn chilli</u> sauce, salt and pepper, 15 mL lemon juice
Method	Build over ice	Build over ice and stir
Garnish	2 cherries on side of glass	Celery stalk
Energy	180 kJ/43 cal; 9 g carbs	250 kJ/59 <u>cal</u> s; 10 g carbs

Email your curly question about carbs, the GI and blood glucose to: [gicurlyquestions@gmail.com](mailto:gicurlyquestions@gmail.com)

## Your Success Stories

### ‘How I Lost 80 Pounds with Smart Carb Eating.’ – Richard Price

‘I became a type 2 diabetic about 15 years ago, and have learned how to control my weight and blood glucose with diet and exercise. I lost 80 pounds and am a member of the National Weight Loss Registry (US). Two of my secrets are eating food with a low energy (calorie) density and eating food with a low glycemic impact. Energy density is a measurement of calories per gram of food. Researchers at Pennsylvania State University, led by Barbara Rolls, concluded that we eat by weight volume and not by calories. I did a twist on these two principles, by coming up with

the concept of Glycemic Density which is a measurement of glycemic load per gram of food. Eating carbohydrate dense foods with a low Glycemic Density allows us to maximize hunger satisfaction while minimizing glycemic impact. As I am not a professional, I am not able to further examine this concept other than on a philosophical basis. I do not have the resources of a university or major nutritional clinic. I would love for someone who has these resources to pursue this concept further.'

## GI Symbol News with Alan Barclay

### **Oh what a difference your bread choice can make!**

'A lack of satisfying, filling foods is a hurdle for many people when trying to maintain a balanced, healthy diet. There are a lot of diets and food fads that claim to improve satiety – which is why we were keen to conduct a study in this area,' said Prof. Jennie Brand-Miller. 'We found that your daily bread choice can play a role in satisfying hunger and decreasing food intake at a subsequent meal.'

Researchers in the Human Nutrition Unit at Sydney University carried out the lab-based study for George Weston Foods from January–March 2008. Twenty healthy weight (BMI 18-25) volunteers aged 18–45 who were non smokers and had normal glucose tolerance took part in the study. All completed a restrictive-eater questionnaire to ensure only those with normal eating habits were taking part.

On two separate occasions, the researchers randomly asked the volunteers to eat either two slices of Burgen Wholemeal & Seeds bread (83 g) or two slices of standard white sandwich bread (74 g) with margarine and jam and a glass of water as a breakfast meal and rank their feelings of fullness. They also had to list their subsequent meal's food intake. There was a washout period of at least three days in between test sessions.

The volunteers felt fuller for longer after the Wholemeal and Seeds bread breakfast and, on average, reduced their intake at the next meal by 500 kilojoules (120 cal) and 4 g of fat compared with the standard white bread breakfast. They also had a lower glycemic response to the meal with the low GI (39) Wholemeal and Seeds bread compared with the white bread meal, which may have contributed to keeping hunger pangs at bay. The Wholemeal and Seeds bread is also a good source of dietary fibre and provides protein – both of which may have also helped to provide the greater satiety response.

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## The Latest GI Values with Fiona Atkinson

### Chocolate #9 GI 46

This tasty chocolate treat was GI tested by GI Labs in Toronto. It is thick gel that's a blend of organic low GI agave and Belgian-style dark chocolate. Although it's much lower in fat and calories than the equivalent amount of dark chocolate, remember it's still a 'sometimes' food, especially for anyone watching their weight. Packaged in 29.5 g (around 2 tablespoons) single serve foil pouches, it is suitable for people on vegan and vegetarian diets. For more information and the nutrition facts about Chocolate #9, check out the [manufacturer's website](#).

