



GI NEWS

The Official Glycemic Index Newsletter



NOVEMBER 2015

THIS MONTH: What are the secrets to a long and happy life? Is there such a thing as a diabetes diet? Added sugar labeling on the horizon; Dried fruit: 10 GI values; Dr Alan Barclay counts the calories in alcoholic beverages; Nicole Senior checks out fermented foods; Dianna Crisp offers tips for choosing canned fruits; Why isn't the GI value per 100 grams so I can compare foods?

FOOD FOR THOUGHT

BLUEPRINT FOR LONGER, HEALTHIER LIVES

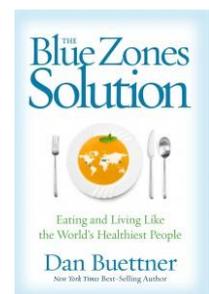
Hot on the heels of the piles of cookbooks published in the lead up to Christmas will come January's "promises-promises-lose-weight-effortlessly" diet books to help us fulfil those annual resolutions to lose a few pounds (kilos). We thought we would get in with a pre-emptive strike by telling you about Blue Zones communities where people don't follow diets, cut out foods or go to the gym but do have ten times more chance of living a healthy, happy, active life until they are 100, than the rest of us.



Photo: www.bluezones.com

How? They eat food, not too much, mostly plants; are active every day; get plenty of sleep; are not stressed out; and have strong social connections. "Feet, forks, fingers, sleep, stress and love are the 6-cylinders in the engine of lifestyle as medicine and Blue Zone residents are firing on them all," says Dr David Katz. "But the Blue Zones are as noteworthy for their diversity as for what they share. In Loma Linda, California, they are vegans. In Costa Rica, their diet includes eggs, dairy, and meat. In Ikaria, Greece, and Sardinia, Italy, they practice variations on the theme of Mediterranean diets. In Okinawa, Japan, a traditional plant-based, rice-centric diet produces the same outstanding results."

Author and researcher, Dan Buettner who wrote the original New York Times Bestseller *The Blue Zones* highlights some of the key dietary patterns that Blue Zone communities share in his latest book *The Blue Zones Solution*. Dr Joanna McMillan summarises them here adding tips on incorporating them into your own life.



Eat a plant-based diet In Blue Zones; the people who are the longest-lived consume a largely plant-based diet with small amounts of meat. In Sardinia for example meat is mostly reserved for Sundays and for special occasions, while in Okinawa seafood is far more common than meat. In fact in most Blue Zones fish is a regular part of the diet, consumed at least twice a week and often more.

Dr Joanna's tip: Fill up on greens, beans and vegetables. Blue Zone groups aren't afraid of carbohydrates such as rice or whole grains, but remember they're not sitting around all day at a desk job. They are moving and walking regularly. I'm not against eating a lean cut of meat, but moderation is key. In fact a big part of what may be going wrong in the diets of big meat eaters is that they don't eat enough plant food! If you can reduce your red meat consumption by increasing your vegetable consumption, you're on the right track to longevity.

Water and wine When it comes to drinks in the Blue Zone communities, no one is popping open a can of soda. Water is the number one drink consumed in the Blue Zones to stay hydrated. Alcohol isn't avoided, yet it is kept to sensible amounts and when consumed it is usually with meals. In other words a couple of glasses of red wine, when consumed alongside a plant-based diet, could be beneficial to longevity.

Dr Joanna's tip: If you still drink soft drinks or juice regularly, it's time to cut it out. They are adding excess kilojoules (calories) to your day and soft drinks have no nutritional benefit at all. A glass of wine with dinner? I'm all for it! Moderation is the key.



Go nutty When it comes to snacks, people in the Blue Zone communities just don't. They don't have biscuits on the counter or packets of chips in the cupboard luring them in. If they do need a snack between meals, a handful of nuts, or a piece of fruit, are the perfect solution.

Dr Joanna's tip: I am a big fan of nuts (not salted).

Boost your beans In addition to eating only limited portions of red meat, the Blue Zone groups eat a lot of beans, lentils and legumes. Not only are these foods full of fibre, they provide a healthy plant protein alternative along with slowly digested and absorbed carbohydrates giving them a very low GI.

Dr Joanna's tip: Legumes are a terrific substitute for meat, or for less nutritious carb-rich foods. They are also a great way to add more veggies to stews, casseroles and pasta dishes.

Cut back on added sugar Dietitians have been touting this advice for years and it comes as no surprise the centenarians in the Blue Zones instinctively agree. Added sugars are contributing to our expanding waistline, and in turn therefore increasingly the risk of chronic diseases. The Blue Zone centenarians aren't about deprivation. Their lifestyles point to moderation being the key to everything.

Dr Joanna's tip: It's time to cut back on food and drinks that contain added sugar and not much, if any, nutrition – this means soda, lollies (candy), biscuits (cookies), cakes, desserts, ice-cream and so on. This does not mean you can never eat cake. It means save it for a special occasion when you can really enjoy it. It's a treat – not an everyday food. Neither does it mean you need to be pedantic about no sugar. You can have a little sugar without it being detrimental, provided you have an overall nutritious diet with the right amount of kilojoules (calories) for you. A little sugar added to a healthy food or meal (such as in a dressing for salads or roast veggies) is fine – concentrate on cutting back on the treat foods I have listed above first and foremost.

Don't over stuff Sitting around the table and shovelling in food until you think you might burst is *not* a common habit among the Blue Zone centenarians! In most of these societies they eat until they are around 80% full – what the Japanese call *Hara hachi bu*. There's no need to over-eat. There is always a next meal coming!

Dr Joanna's tip: Our bodies can survive on much less energy (kilojoules) than most of us consume on a daily basis, especially given our sedentary lifestyles. Listen to your stomach and don't overdo it. Learn to eat mindfully.

Find out more about the Blue Zones [HERE](#).



Joanna McMillan PhD is a qualified dietitian and nutritionist. She is director of nutrition consultancy company *Dr Joanna*, and founder of *Get Lean* – the online healthy lifestyle system. She is a popular media spokesperson with regular TV and radio appearances, writes for several magazines and blogs, and has authored several books including *The Low GI Diet* (with Prof Jennie Brand-Miller). Joanna is a proud ambassador for Diabetes Australia and The Skin and Cancer Foundation. She is also a former fitness instructor and continuing exercise enthusiast which she juggles with being Mum to two very energetic boys. You can follow her on Twitter, Facebook or check out her website.

Twitter: <https://twitter.com/joannanutrition>

Facebook: <https://www.facebook.com/drjoannamcmillan>

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NEWS BRIEFS

New systematic review reports there is “currently insufficient evidence to state that one diet is superior to another for treating overweight and obese adults with type 2 diabetes”; Added sugar labelling is on the horizon; Sweeten your life naturally with dried fruit plus GI values from SUGiRS for 10 popular dried fruits.

YOUR DIABETES DIET: YOU CAN BE FLEXIBLE

“Just tell me what to eat” is what people newly diagnosed with diabetes often say. Yes, there are some key recommendations which we will list later, but in fact there are a range of healthy eating patterns that can help you lose weight and achieve and maintain blood glucose levels in the recommended range. This means you have the flexibility to choose an eating pattern you (and your family) will enjoy and that you can stick to, to help you be active, make the most of life and prevent or slow down the rate of developing any of the complications of diabetes. In recent years, studies have found that people consuming (and sticking to) low-carb, low-GI, Mediterranean, vegetarian and high-protein diets for at least 6 months will lower their HbA1c by 0.12 to 0.47 percentage points, with the low-carb diet providing the 0.12% reduction and the Mediterranean diet providing the 0.47% reduction.

As in all things to do with food and nutrition, there’s a fair bit of “my diet is better than your diet” jostling. But a very good systematic review in [British Journal of Nutrition](#) concludes: “there is currently insufficient evidence to state that a particular diet is superior to another for treating overweight and obese adults with T2DM [type 2 diabetes]. In line with current ADA guidelines, reducing total energy intake to promote weight loss should be the main strategy. As yet there still is not enough evidence to promote an ideal percentage of energy from carbohydrates, protein and fat. Although the Mediterranean, vegan and low-GI diets appear to be promising, further research that controls for weight loss and the effects of diabetes medications in larger samples is needed.”

10 key dietary recommendations for managing type 2 diabetes

There isn’t one diet for everybody. It’s a matter of discovering what suits you best and fits within these key dietary recommendations.

- Choose nutritious carb foods with a low GI as your staples and limit your intake of high GI foods.
- Be aware of how much carbohydrate you eat.
- Get plenty of fibre.
- Limit foods high in saturated fat.
- Eat lean protein foods.
- Eat fish or seafood once or twice a week.
- If you are vegetarian or vegan, focus on foods that contain quality proteins and are good sources of omega-3 fats.
- Use monounsaturated fats (such as olive oil).
- Eat plenty of fruit and veg.
- Moderate your salt intake.
- Limit your alcohol intake.

Source: *Managing Type 2 Diabetes* by Prof Jennie Brand-Miller et al (Hachette Australia) published in the US as *Everything you need to know to Manage Type 2 Diabetes* (Da Capo Life Long)



ADDED SUGAR LABELLING

In two randomized, controlled experiments published in [Obesity](#), the authors report that added sugar labelling led to more consumers identifying products that contain added sugar and that a %DV helped consumers to identify products that contain high amounts of added sugar. They also found that the majority of young adults in their study sample were unfamiliar with current guidelines about sugar. Commenting on the study, [Ted Kyle and Diana Thomas](#) conclude: “Regardless of scientific uncertainties about added sugar, a significant relationship between added sugar consumption and health risks, including cardiovascular disease mortality, has become apparent. Most US adults report consuming more added sugar than recommended for a healthy diet and are seeking ways to cut back.”

The World Health Organization (WHO) recommends that adults and children reduce their daily intake of free sugars (that means added sugars *not* the sugars naturally in foods like fruit or milk) – including glucose, fructose, and sucrose (table sugar) – to less than 10 per cent of their total energy intake. (For a typical adult consuming 2000 calories (8400kJ) a day, for example, this is equal to around 12 teaspoons or 200 calories.)

10% added sugars in a 2000-calorie (8400kJ) meal plan looks would like this: (Sources of sugar appear in bold green)		
<p>Breakfast ⅔ cup rolled oats 1 cup reduced-fat (1–2%) milk 3 tsp wildflower honey ½ grapefruit</p>	<p>Lunch 2 slices of hearty whole-grain bread 2 tsp olive oil margarine 3½oz (100g) canned red salmon ½ cup mixed salad (lettuce, cucumber, and tomato)</p> <p>One 7oz (200g) container plain yogurt ½ banana</p>	<p>Dinner 2oz (60g) beef strips 1½ cups Asian-style stir-fry noodles 2 cups Asian-style stir-fry vegetables 3 tsp sesame oil ¼ cup Asian stir-fry sauce</p> <p>½ cup reduced-fat vanilla ice cream ½ cup strawberries</p> <p>1 piece (8g) milk chocolate</p>
2040 calories (8568 kilojoules) ; 105g protein; 62g fat (includes 16g saturated fat); 250g carbohydrate (which includes 104g sugars of which 50g are added sugars); 25g fibre		

Source: [The Ultimate Guide to Sugars and Sweeteners](#).

SWEETEN YOUR LIFE NATURALLY WITH DRIED FRUIT

Dried fruits are a great way to sweeten your morning muesli or yoghurt without adding any sugar or other alternative sweeteners. They also bring health benefits: you will also be boosting your fibre intake and adding to your daily intake of antioxidants, prebiotics, vitamins and minerals. Drying is the oldest known method of preserving fruit. It intensifies the flavour and sweetness and at the same time effectively concentrates the nutrients, so if you are watching your weight, keep in mind that the calorie (kilojoule) content of dried fruit is higher than the same volume of fresh. Most dried fruits have low GI values. Cranberries have a moderate GI value. This is because on their own they are rather tart and sugar is added in drying to help preserve the fruit and make them more palatable. We would certainly like to see added sugar labelling on this product.



A recent study from Canada published in [Journal of Nutritional Science](#) found that raisins “can acutely improve postprandial glycemic control and, as a low-GI food, may serve as a healthy snack, when used in moderation, in the diets of healthy individuals and for those with diabetes or impaired glucose tolerance.”

SUGiRS SHARES 10 DRIED FRUIT GI VALUES

TYPICAL SERVING PORTION	GI	AVAILABLE CARBS PER TYPICAL PORTION	GL PER TYPICAL PORTION	GL PER 100 GRAM PORTION
Dried Fruit				
Apple, 4 rings (25g)	29	16	5	20
Apricots, 10 halves (25g)	31	16	5	20
Cranberries, sweetened, 2 tbsp (25g)	62	16	10	40
Dates, 5 regular (25g)	39–45	17	7-8	30
Figs, 2 regular (20g)	61	21	13	65
Peach, 3 halves (40g)	35	16	6	15
Pear, 1 half (18g)	43	11	5	28
Prunes, 4 regular (32g)	40	14	6	19
Raisins, 1½ tablespoons (20g)	56	14	8	39
Sultanas, 1½ tablespoons (20g)	56	15	8	40

Glycemic Index testing by Sydney University GI Research Service SUGiRS was established in 1995 to provide a reliable commercial GI testing laboratory for the local and international food industry. Food samples are tested in healthy volunteers according to standardised methods that have been validated against overseas laboratories. Testing of foods for their glycemic index, insulin index, satiety response, and other metabolic parameters can be assessed simultaneously. SUGiRS also works with companies to develop new low GI products or help lower the GI of existing ones. Other analyses such as in vitro GI testing and siacic acid measurement is also available. Principal researchers / consultants: Professor Jennie Brand-Miller, SUGiRS Manager Fiona Atkinson, PhD.



Contact Fiona Atkinson: sugirs.manager@sydney.edu.au

CLINICAL TRIALS

[Sydney University’s Boden Institute](#) is a joint initiative of the Faculties of Health Sciences, Medicine, and Science. The Institute is regularly recruiting participants for a range of clinical trials. The contact details for anyone interested in participating, particularly people with pre-diabetes, are:

- Email: clinicaltrials.boden@sydney.edu.au
- Telephone: (02) 8627 0101



PERSPECTIVES WITH DR ALAN BARCLAY

ALCOHOL: THE CALORIES NO ONE SEEMS TO BE COUNTING

The potential negative health effects of drinking too many sugar-sweetened beverages are well known and publicised. The average Australian appears to have taken heed of the health warnings, and consumption of sugar-sweetened beverages has been heading downwards since 1995 according to new research published by the [Australian Bureau of Statistics](#).



While some people have substituted non-nutritively sweetened beverages for regular sugar-sweetened varieties, others have also been drinking more alcoholic beverages instead according to an analysis of Australian Bureau of Statistics data published in the [Medical Journal of Australia](#). Investigating Australians' alcohol consumption patterns from 2001–2011/12, the researchers found that over 60% consumed alcohol each week, and that the weighted average alcohol intake increased by 13%, from an average of 3.9 standard drinks (10g of pure alcohol per serve) per day in 2001 to 4.3 standard drinks per day in 2011/12 (from 4.7 to 5.0 standard drinks per day for men; and from 2.8 to 3.4 standard drinks per day for women). Possibly more alarming is the gap between men and women appears to be decreasing – a concern due to women's smaller average body size and lesser ability to metabolise alcohol. This will put women at greater risk of developing alcohol-related health conditions like cardiovascular disease, certain cancers, liver disease, mental health conditions and obesity.

With more than 6 out of 10 [Australian adults being overweight or obese](#), it's surprising that alcohol's contribution of excess kilojoules/calories to the diet of the average Australian seems to be frequently overlooked. Alcohol is one of the most energy dense nutrients in our diets, providing 29kJ (7 calories) per gram. In the table below we show you how the numbers stack up.

When it comes to alcohol, most people have no idea how many calories they are drinking. This isn't surprising as there's no nutrition information on labels for beer, wine, spirits etc – it's not mandatory. In Australia, Lion recently including nutrition information on [its range of beers](#). But when we asked about their other alcohol products we were advised there were no immediate plans to do this. In the meantime, we have put together this table to give you an idea how many alcohol kilojoules/calories you are drinking. If you drink spirits and add a mixer, that's going to be extra. And remember, these are the official "standard" glasses that are served in bars and restaurants. Most people pour more generous ones at home.

What's a standard size alcoholic drink?	1 standard drink (kJ)	1 standard drink (cals)	3 standard drinks (kJ)	3 standard drinks (cals)
Red or white wine (100ml)	280	67	840	201
Dessert wine (100ml)	410	98	1230	294
Regular beer (285ml)	433	103	1299	309
Low carb beer (285ml)	345	82	1035	246
Dry cider (250ml)	403	96	1209	288
Sweet cider (250ml)	553	132	1659	396
Spirits (30ml)	255	61	765	183



And a glass-for-glass comparison with a sugar-sweetened soft drink:

Sugar-sweetened soft drinks: glass for glass	kJ	Cals
100ml regular Coca Cola	180	43
250ml regular Coca Cola	450	108
285ml regular Coca Cola	513	123

The average Australian consumes 8700kJ (2070 cals) per day, so you can see that alcohol can contribute a sizeable proportion and should not be overlooked if you are trying to lose weight or prevent weight gain. In addition, Australia’s Dietary Guidelines state clearly that: “For healthy men and women, drinking no more than two standard drinks on any one day reduces the lifetime risk of harm from alcohol-related disease or injury.”



Alan Barclay PhD ([LinkedIn](#)) is a consultant dietitian and Chief Scientific Officer at the Glycemic Index Foundation. He worked for Diabetes Australia (NSW) from 1998-2014 and is a member of the editorial board of Diabetes Australia’s health professional magazine, *Diabetes Management Journal*. Alan has authored or co-authored over 30 scientific publications, is co-author of *The Low GI Diet: Diabetes Handbook*, *The Low GI Diet: Managing Type 2 Diabetes*, and *The Ultimate Guide to Sugars and Sweeteners*, and presents at conferences around the globe.

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NICOLE SENIOR’S TASTE OF HEALTH

FERMENTED FOODS ARE BACK

Everything Grandma is new again Everywhere you look there is a revival of time-honoured food preserving skills including jams, preserves, pickles and chutneys. What was once a prudent method for prolonging the nutrition and enjoyment of a seasonal harvest has become an uber-cool way to turn your back on mass produced food and make your own local artisanal, bespoke food with heart. Craft beer is another example of this trend and an excellent example of a fermented food (or rather, beverage).

And taking this to its ultimate home-grown extreme is brewing your own beer. DIY preserving is on-trend, and if you’d like to have a go there’s help at hand in a new book called *Cornersmith* (by Alex Elliott-Howery & James Grant, Murdoch Books), named after the Marrickville cafe (Sydney, Australia) that has been preserving surplus produce from local gardens for years and now offers classes.



Fermented Pineapple & Chilli Sambal Image from *Cornersmith* by Alex Elliott-Howery and James Grant (Murdoch Books)

Which foods are fermented? Fermentation is a process of using microorganisms such as yeasts, bacteria and fungi as a food production or preserving method. In the case of alcoholic beverages, yeast is used to ferment sugars into alcohol, whereas in yoghurt bacterial cultures are used to ferment lactose into lactic acid. Fungi can also be used to ferment foods, such as the Japanese filamentous fungi *Aspergillus oryzae* called koji used to make miso. Sourdough bread is another



example of a fermented food using wild yeasts in a sourdough culture. The ripening of cheeses involves the introduction of microbes that develop flavour from breakdown products of proteins and fats, and moulds are sometimes introduced such as in blue-vein cheese. Fermented foods tend to be sour tasting but can be very complex in flavour which adds to their culinary appeal.

Here are some common fermented foods:

- *Kim chee* – Korean version of sauerkraut with added chilli
- *Sauerkraut* – fermented cabbage
- *Tempeh* – fermented soybean cake, similar to tofu but with a more bean-y, lumpier texture.
- *Miso* – fermented soybean paste used as a soup base and marinade
- *Yoghurt* – cultured milk using a variety of lactobacillus strains
- *Kefir* – milk drink cultured with bacteria and yeasts, although the bacteria is different to yoghurt
- *Kombucha* – an effervescent tea fermented by a **symbiotic colony of bacteria and yeasts** (SCOBY, for short)

An acquired taste The most famous (or best known) fermented food is probably yoghurt (I wrote about it [HERE](#), and the most infamous is probably fermented fish traditionally consumed in Scandinavian countries like Norway (*rakfish*) and Sweden (*surstromming*); Japan (*kusaya*) and Northern India (*ngari*) and Bangladesh (*chêpa shũtki*). I say infamous because these foods have a very pungent smell, which to the uninitiated is very off-putting and very much an acquired taste. In Iceland, shark is fermented and dried into *hakari* which is so strongly flavoured it frequently causes out-of-stomach experiences for those brave enough to try it. I can't see it taking off like sauerkraut or pickling – don't try this at home!

Are fermented foods better for you? When it comes to fermented beverages, we all know the damaging health effects of excess alcohol; enough said. There are many claims made about fermented foods – they seem to have taken on superfood status and this invites some pretty fanciful marketing claims; everything from preventing intestinal gas to preventing cancer. Most evidence for the benefits of fermented foods is for supporting gut health, particularly their probiotic effect of promoting beneficial gut flora, although other benefits are likely. Most research has been done on dairy foods and consuming fermented dairy foods (yoghurt and cheese) is associated with a reduced risk of cardiovascular disease, although more research is needed. But for most fermented foods, there is very little scientific evidence at all except centuries of traditional use and folklore. Enjoy them for their interesting tastes and textures and the nutritional value of the food itself, and any additional effects are a bonus.



Nicole Senior is an Accredited Nutritionist, author and consultant who strives to make healthy food taste terrific. You can follow her on [Twitter](#), [Facebook](#) or checkout her [website](#).



WHAT I EAT: MAINE NORBERG FROM SWEDEN

Nicole Senior talks to [Maine Norberg](#), a highly experienced dietitian, now District Manager Community Nutrition South Western Sydney Local Health District, New South Wales, Australia.

What is your cultural background? I was born in the north of Sweden and migrated out to Australia with my parents and siblings under the assisted passage scheme in the late 1960s. I was nearly ten years old when we arrived.

What does a typical day's food look like in your culture? The diet we were used to in the late 1960s typically included porridge (either rolled oats or semolina) usually with *filmjolk* (best described as a type of thin pouring yoghurt) or rye bread (either as a crispbread or as soft rye bread) with butter and cheese (occasional eggs or ham or bacon). The adults had coffee or tea and the kids had milk to drink. Lunch was usually a small hot meal provided at school or sandwiches at home. The evening meal was the large meal of the day and consisted of fried fish, pork or chicken served with boiled potatoes, and at least one other root vegetable (e.g. parsnip, carrot) and another vegetable like peas. Home-baked cakes and biscuits were always available in our house. Red meat was very rare as it was very expensive. Berries were the main fruit consumed, along with apples and oranges.

Sweden is becoming more multicultural like the rest of the world and I have found that there is not that much left of a traditional diet there now. People can now afford to eat more red meat (imported from Argentina) and other non-traditional foods. When we went back in 2013, we found that even my elderly relatives in the far north of the country had adopted a more Western-style diet compared with the food we shared when we visited in the 1980s. One good change I noted was that I could no longer find "extra salted" margarine in the supermarket!

What is your favourite dish? My favourite dish is probably meatballs (made using mostly pork mince with a small amount of beef mince) or a freshwater fish called trout-salmon (*laxöring*) found in the rivers in Sweden. It is called trout-salmon because it is not as pink and fatty as salmon but not quite a trout either. I am also partial to prinsesstarta (princess torte). It is the most famous cake in Sweden, and Swedes even have a week devoted to it. It is a layer cake of sponge cake, berry jam, patisserie cream and a thick layer of whipped cream. The cake is then topped with green marzipan and powdered sugar with a pink marzipan rose on top. Usually eaten at celebration, if you get one for your birthday you are absolutely entitled to eat the pink rose on top; no question.

What are 3 ingredients this cuisine couldn't do without?

Important ingredients in Swedish cuisine include condiments like salt (unfortunately), pepper and dill. Potatoes, fish and dairy foods are very common main foods. There are many more varieties of potatoes available, and they all taste quite different, including one that tastes like almonds (*mandelpotatis*).

Can you suggest a hero ingredient? Fresh fish.



Maine visiting her grandmother in Sweden



IN THE GI NEWS KITCHEN THIS MONTH

There's lots of veg in the GI News Kitchen this month with Anneka's zucchini, quinoa and egg slice, fermenting (carrots) and a wonderful "head into summer" salad (broad beans and tomatoes). So aprons on and get cooking.

ANNEKA MANNING'S FAMILY BAKING

Zucchini, quinoa and egg slice

This simple savoury slice makes a fabulous light meal accompanied by a green salad or a perfect snack – a nutritious addition to any school or work lunch box. Serves: 8 with salad as a light meal or 12 as a snack.

- 1/3 cup white quinoa
- 1/3 cup water
- 1 tbsp (20ml) olive oil
- 1 brown onion, chopped
- 100g (3 1/2oz) shortcut bacon rashers, chopped
- 350g (12oz) zucchini (courgettes), coarsely grated
- 5 eggs, lightly whisked
- 40g (1 1/2oz) finely shredded parmesan
- 1/2 cup coarsely chopped flat leaf parsley
- Freshly ground black pepper, to taste
- 1/2 cup self-raising flour
- 75g (2 1/2oz) feta, coarsely crumbled (optional)



Preheat the oven to 180°C (350°F). Lightly grease an 18 x 28cm/7 x 11in (base measurement) shallow slice tin and then line the base and two long sides with one piece of non-stick baking paper.

- Place the quinoa and water in a small saucepan. Bring to the boil over high heat. Reduce heat to low, cover the saucepan and simmer gently for 12 minutes or until all the water is absorbed and the quinoa is tender. Remove from heat. Meanwhile, heat the olive oil in a frying pan over medium-high heat and cook the onion and bacon, stirring occasionally, for 5–8 minutes or until the onion is soft and starting to colour.
- Transfer to a large bowl. Add the quinoa, zucchini, eggs, parmesan, parsley and pepper to the onion mixture and stir with a wooden spoon to combine. Add the flour and stir to combine.
- Spoon the mixture into the lined tin and use the back of a spoon to smooth the surface. Sprinkle with the feta if using.
- Bake in preheated oven for 30 minutes or until cooked when tested with a skewer. Stand in the pan for 5 minutes before turning onto a cutting board. Serve warm or cold with a salad for a light meal or as a snack.
- This slice will keep in an airtight container for up to 2 days.

Per serve

885kJ/ 210 calories; 14g protein; 12g fat (includes 4g saturated fat; saturated:unsaturated fat ratio 0.33); 12g available carbs; 2g fibre



BakeClub founder **Anneka Manning** shares her delicious better-for-you recipes for snacks, desserts and treats the whole family will love. Through both her writing and cooking school, Anneka teaches home cooks to bake in practical and approachable yet inspiring ways that assure success in the kitchen. You can follow her on [Twitter](#), [Facebook](#) or check out her [website](#).

LET'S GET FERMENTING

Fermented carrots

If you're ever going to get a kid to eat fermented vegetables, this would be the place to start. They are great tossed through a salad. They're also surprisingly sweet. Follow these same steps to ferment any sturdy vegetables you have on hand – beetroot (beets), radishes, kohlrabi or cauliflower florets. If you are a beginner, the book is packed with tips on sterilising and packing jars with vegetables and the overall fermenting process.

Makes enough to fill 4 x 300 ml (10oz) jars)

Preparation time: 30 minutes

Cooking time: 5 minutes

Storage: Up to 6 months, refrigerated

2 tsp (10g) salt

500g (1lb 2oz) carrots, thinly sliced

1 brown onion, thinly sliced

40g (1½oz) fresh turmeric, finely grated

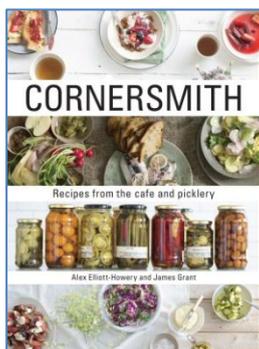
40g (1½oz) ginger, finely grated



Make a brine by adding the salt to 2 cups (500ml/17fl oz) water in a non-reactive saucepan. Bring to the boil, then remove the pan from the heat and leave the brine to cool to room temperature. • Meanwhile, sterilise your jars and leave them to cool completely. • Mix together your carrots, onions, turmeric and ginger. Pack the carrot mixture into the jars, and then fill the jars with the brine until the vegetables are completely covered. Wipe the rims of the jars with paper towel and seal. • Let the jars sit at room temperature, but out of direct sunlight, for 2–4 days. During this time, the lids will start to pop up, which is a sign of the fermenting process. Transfer the jars to the fridge and leave for a week before using.

Per serve

Energy: 235kJ/56 cal; protein: 2g; fat: 0g; available carbohydrate: 10g (includes 8g of sugars & 2g starch); fibre: 4.5g; 1270mg sodium; 390mg potassium (sodium: potassium ratio 3.25)



Cornersmith by Alex Elliott-Howery and James Grant is packed with recipes from their cafe and picklery with its focus on sustainability, seasonality and sourcing local produce. *Cornersmith* is published by Murdoch Books and available in bookshops and online.



THE KEPOS STREET KITCHEN SALAD BAR

Broad bean, tomato & cumin seed salad

If you want to know how spring tastes and looks on a plate, this is it. Serve this salad with anything and enjoy the way it instantly makes you feel healthy and happy. If making this salad in advance, prepare and combine all of the ingredients except the lemon juice and olive oil. Cover and refrigerate, adding the dressing ingredients when you are ready to serve. Serves 4–6 as a side dish

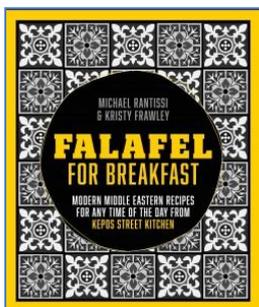
- 500g (1lb 2oz) broad beans
- 200g (7oz) mixed heirloom cherry tomatoes, halved
- 1 large green chilli, seeds removed, finely diced
- 1 handful coriander (cilantro), leaves chopped
- 1 tsp cumin seeds, toasted and crushed
- 1 preserved lemon, skin only
- 3–4 spring onions (scallions), chopped
- juice of 1 lemon
- 2½ tbsp (50ml) olive oil



Blanch the broad beans by putting them in boiling water for 1–2 minutes. Drain and cool under cold running water, then slip off the skins. • Put the peeled broad beans in a large bowl and add the remaining ingredients. Mix gently to combine.

Per serve (4 people)

190 cal/800 kJ; 9.5g protein; 12g fat (includes 2g saturated fat; saturated to unsaturated fat ratio = 0.2); 5.5g available carbs (includes 3g sugars and 2.5g starch); 10.5g fibre; 14mg sodium; 510mg potassium (sodium : potassium ratio 0.03)



Falafel for Breakfast by Israeli-born chef Michael Rantissi and his partner Kristy Frawley is packed with easy-to-prepare food that brings everyone to the table and ensures clean plates all round. We absolutely love the salads and will be sharing others with you in the coming months. It is published by Murdoch Books and available in bookshops and online.

GLYCEMIC INDEX FOUNDATION NEWS

YOUR FAVOURITE FRUITS ALL YEAR ROUND!

Most of us need to be encouraged to eat more fruits and vegetables, whether they be fresh, frozen, dried or canned – whatever form best fits our lifestyle and pocket. Fresh fruit often makes the most sense in terms of taste, texture and nutritional value. But if it's not in season, there's nothing to lose by eating it canned and it provides an alternative way to get your recommended two serves of fruit a day. You aren't necessarily missing out on nutrients either when fruit is picked fully ripe and then processed right away. A study by [Miller et al](#) found that "fruits and vegetables packaged as frozen or canned are cost-effective and nutritious options for meeting daily vegetable and fruit recommendations in the context of a healthy diet."





Canned fruits are also convenient to have on hand in the pantry for a quick and easy dessert or to keep at work for an afternoon snack. However, you do need to be fussy when choosing canned fruit. Keep in mind:

- Some canned fruits have been peeled (peaches and pears, for example) which significantly reduces their fibre content.
- They aren't going to be as good a source of vitamin C as fresh fruit (it is heat sensitive and can be destroyed in the canning process) but heat doesn't affect vitamins A, most vitamin B or potassium.
- Some fruits are canned in heavy or light syrup, which adds lots of empty sugar calories. Choose canned fruit packed in its own juice or in water instead e.g. the Coles range of canned fruit in juice.

Here are some quick and easy ideas:

- Just serve on their own with a dollop of reduced or low fat yogurt or a scoop of reduced or low fat ice-cream
- Use in crumbles topped with oats
- Add to smoothies
- Add to your natural muesli or low GI breakfast cereal

GI Symbol canned fruits available in Australia:

PRODUCT	GI	TYPICALSERVING PORTION	AVAILABLE CARBS PER SERVE	GL PER SERVE
Coles Australian Apricot Halves	44	125g/4oz (½ cup)	19 grams	8
Coles Australian Peach Slices	45	125g/4oz (½ cup)	18 grams	8
Coles Australian Pear Halves	37	125g/4oz (½ cup)	17 grams	6
Coles Australian Pear Slices	37	125g/4oz (½ cup)	17 grams	6
Coles Australian Two Fruits	40	125g/4oz (½ cup)	18 grams	7
Coles Australian Whole Plums	39	125g/4oz (½ cup)	19 grams	7
Coles Fruit Salad	51	125g/4oz (½ cup)	16 grams	8

Why look for the GI Symbol? The GI Symbol is your trusted guide to healthier food choices. Foods that carry the GI Symbol have had their glycemic index tested at an [accredited laboratory](#), are low GI and have met strict [nutrient criteria](#) for kilojoules, saturated fat and sodium, and where appropriate, fibre and calcium. The nutrient criteria are consistent with international dietary guidelines and were developed in consultation with experts from the [University of Sydney](#) and Australian consumer diabetes organisations. If you are a food company or retailer and you have a product that you think may be eligible to carry the GI Symbol, we'd love to hear from you.

Email Dianna Crisp on info@gisymbol.com



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Q&A WITH PROF JENNIE BRAND-MILLER

“I find the foods difficult to compare in the various GI tables you publish in your books and this newsletter as none of them are for the same amount etc. It would make it a lot easier to compare foods if you made one of the measurements the same, e.g. made all of the foods a 100-gram sample and did the readings from there.”



I’m afraid there is a misunderstanding here. We need to remember that the Glycemic INDEX (GI) value of a food is a *ranking* for a food and is the same regardless of the portion size (weight) you consume. Glycemic LOAD (GL) on the other hand does depend on the portion size. In our tables we report the GI and the GL of the usual or standard serve weight for foods as a guide to a portion that we typically consume for that particular food e.g. 1 banana, 2 plums rather than on a per 100 grams basis as you will find on Nutrition Information Panels. But I agree that both pieces of information (the usual serving weight and per 100 grams) can be helpful when comparing foods to help make better choices. What changes with the amount of a food you eat is the available carbohydrate content and therefore the glycemic load (GL). So, it is the figures in the GL column you need to compare in our tables. This is because the GL takes into account both the carbohydrate quality (GI) and the carbohydrate quantity. For example, in the table we published last month you can see that a small ladyfinger banana or a large orange will have much more effect on your BGLs than a nectarine or a punnet of strawberries.

When space is available, we will certainly think about including an extra column providing the GL per 100 grams. I have calculated the GL values for the fruit section of last month’s table per 100 grams (rounded up or down) in the following table. I hope it helps.

TYPICAL SERVING PORTION	GI	AVAILABLE CARBS PER TYPICAL PORTION	GL PER TYPICAL PORTION	GL PER 100 GRAM PORTION
Fresh Fruit				
Apricots, 2 regular (110g)	34	8	3	3
Banana, ladyfinger, 1 small, peeled (60g)	51 (av)	15	8	13
Cherries, 16 medium, fresh (145g)	63	16	10	7
Grapefruit, 1 medium pink or ruby (200g)	25	7	2	1
Mango, 1 cheek, medium (120g)	51	14	7	6
Nectarine, 1 small (90g)	43	7	3	3
Orange, 1 large (190g)	42	15	16	8
Papaya, 1 cup, diced (150g)	56	10	6	4
Peach, 1 medium (145g)	42	9	4	3
Pineapple, fresh, 1 cup, diced pieces (140g)	59	12	7	5
Plums, 2 regular (130g)	39	10	4	3
Rockmelon/cantaloupe, 1 cup diced (190g)	88	8	7	4
Strawberries, 1 regular punnet (250g)	40	8	3	1
Watermelon, small wedge (100g)	78	3	2	2



Professor Jennie Brand-Miller (AM, PhD, FAIFST, FNSA, MAICD) is an internationally recognised authority on carbohydrates and the glycemic index with over 250 scientific publications. She holds a Personal Chair in Human Nutrition in the Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders and Charles Perkins Centre at the University of Sydney. She is the co-author of many books for the consumer on the glycemic index and health.



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