

**A COLLECTION
OF RECIPES AND
SOME FACTS
ABOUT A LOW GI
DIET**

By Gusto

LOW GI FOOD “Low Glycemic Diet vs High Glycemic Diet –

Did you know:

Australia has recently taken over from the USA as the “fattest” nation on earth, with 2 out of every 3 people either overweight or obese. We have over 3 million people with diabetes, plus half that number again who don’t even know it.

The rate of type 2 diabetes in children is increasing every year – and historically this disease didn’t affect people until over 40. Among adults, the leading cause of death is heart related diseases, with 50% of heart attacks occurring before the age of 60 ... with the first symptom being sudden death. One in two women over 60 have osteoporosis?

Depression is believed to be the next huge epidemic to affect the western world.

Three out of every four people will have at least one degenerative disease by age 65?

The frightening thing about these statistics is that, despite the greatest advancements in medicine, the effects of ill health are accelerating at alarming rates. So, why is this happening?

These diseases are thought to be largely lifestyle-related and the food that we eat is a big factor with changes that have occurred in our eating from a low GI diet to a high GI diet.

Let’s think back to our great, great grandparents time. Food was prepared in the home, largely straight from the tree to the table or the field to the plate. Carbohydrates arrived as in-season fruits & vegetables, beans and wholegrain cereals. Our ancestors ate low gi foods naturally. They didn’t have the white, bleached, fluffy flour (with the husk and nutritious “germ” removed that made up most of the breads, cakes, pastries, cereals and pasta we eat today. Instant porridge, instant rice, and 5-minute noodles were non-existentant low gi foods were plentiful.....!”

“You may have heard about the Glycemic Index but what does it really mean? and how important is it for your health?

Very simply, the Glycemic Index is a scientific ranking of how the foods we eat affect our blood sugar levels in the 2 or 3 hours after eating. This index is measured against pure glucose, which has a value of 100 on the index. The index ranges from 0 to 100 with:

0-55 = Low-GI 56-69 = Moderate-GI 70-100 = High-GI

High GI 70-100 Carbohydrates that break down quickly during digestion, release blood sugar rapidly into the bloodstream, and cause marked fluctuations in blood sugar levels.

Medium GI 56-69 Carbohydrates that break down moderately during digestion and release blood sugar moderately into the bloodstream.

Low GI 0-55 Carbohydrates that break down slowly during digestion, release blood sugar gradually into the bloodstream, and keep blood sugar levels steady and provide you with proven benefits for your health!

Low GI Meals leave you feeling fuller longer, ease food cravings and provide you with greater and more sustained energy levels. If you're looking to either lose weight, or maintain your existing weight, a low GI lifestyle is the perfect option. Also, if you find yourself lethargic, losing concentration, or experiencing mood swings an hour or so after eating, a change to low GI meals may show immediate benefits.

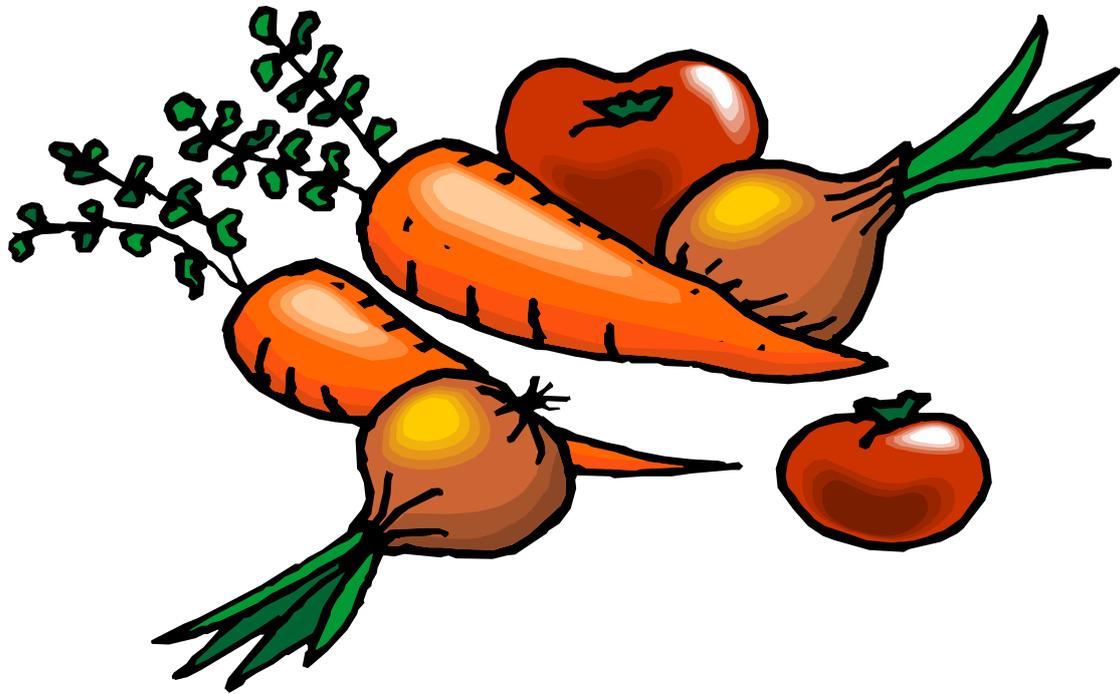
In term of long terms health, Low GI Diets are important to reduce the risk of developing type 2 diabetes or heart disease. However, if you've already been diagnosed with diabetes, low GI diets have been shown to improve both lipid and glucose levels, maintain more stable insulin levels and reduce insulin

resistance, which is important in reducing the risk of long term diabetes-related complications.”

Source:<http://www.lowgihealth.com.au/category/what-is-glycemic-index/>

Glycemic Index List of Foods

See <http://www.lowgihealth.com.au/glycemic-index-list-of-foods/>



I put together here a Collection of Low GI recipes I found on the internet which I thought seem easy to make and would fit easily into the diet.

LENTIL AND KUMARA SOUP

Serving size: Serves 8

Cooking time: Less than 60 minutes

Special options: Diabetic, Egg free, Gluten free, Heart friendly, Kid friendly, Low GI, Nut free, Vegetarian

Deliciously healthy and not too heavy - the perfect mid-week soup!

INGREDIENTS

½ cup (100g) red lentils

2 cups (500ml) boiling water

1 tablespoon olive oil

1 red onion, chopped

2 large carrots, peeled, cut into large slices

1kg kumara, peeled, cut into large slices

1 large head broccoli, cut into florets

green onion, low-fat natural yogurt, to serve

METHOD

Combine lentils and boiling water in a large jug. Set aside.

Heat oil in a large saucepan on medium. Cook onion for 2 minutes, until soft. Add lentils and soaking water, carrot, kumara, broccoli and 6 cups water. Bring to boil. Reduce heat to low and simmer for 30 minutes, until vegetables are tender.

Cool slightly.

Using a hand blender, blend until smooth. Season to taste. Serve topped with green onion and a dollop of natural yogurt.

VEGETABLE HOT POT

Serving size: Serves 4

Cuisine type: Modern Australian

Cooking time: Less than 30 minutes

Special options: Diabetic, Heart friendly, Kid friendly, Low Carb, Low cholesterol, Low fat, Low GI, Vegetarian

Course: Lunch, Main

INGREDIENTS

1 onion, finely chopped

2 teaspoons ground cumin

1 teaspoon ground paprika

500g pumpkin, peeled, seeded, cut into 2cm pieces

400g can diced tomatoes

400g can chickpeas, drained, rinsed

1 tablespoon olive oil

1 slice wholegrain bread, diced

1 garlic clove, finely chopped

1 tablespoon blanched almonds

2 tablespoons finely chopped parsley leaves

400g can cannellini beans, drained, rinsed

300g green beans, trimmed, blanched

kJ 1225 fat 9g sat fat 1g

METHOD

1. Lightly spray a large saucepan with cooking oil spray and heat on medium. Cook onion for 5 minutes, stirring, until golden. Stir in cumin and paprika and cook for 30 seconds, until fragrant. Add pumpkin, tomato and chickpeas with 1 cup water and season to taste. Cook, covered, for 10 minutes, until pumpkin is tender.

2. Meanwhile, heat oil in a small frying pan on low. Fry bread, garlic and almonds for 2 minutes, until golden. Blend in a food

processor until mixture resembles breadcrumbs. Stir through parsley.

3. Add cannellini and green beans to pumpkin mixture and toss gently until heated through. Serve sprinkled with crumb mixture.



PRAWN SALAD

Serving size: Serves 4

Cuisine type: Modern Australian

Cooking time: Less than 15 minutes

Special options: Heart friendly, Kid friendly, Low cholesterol,
Low fat, Low GI

Course: Entree, Lunch, Main, Side dish

INGREDIENTS

1 green oak leaf lettuce, leaves separated, washed

250g sugar snap peas, blanched

1 lebanese cucumber, sliced

1 avocado, diced

4 radishes, sliced

750g cooked prawns, peeled

½ cup mint leaves

1 green onion (shallot), finely sliced

¼ cup (60ml) extra virgin olive oil

¼ cup (60ml) white balsamic dressing

METHOD

1. Arrange lettuce leaves on a large platter. Top with sugar snap peas, cucumber, avocado, radish and prawns. Garnish with mint and green onion.

2. Combine olive oil and white balsamic dressing in a bowl and season with sea salt and freshly ground pepper. Drizzle over salad just before serving.

CHICKEN AND SPINACH CURRY

Ingredients (serves 4)

1/3 cup flaked almonds
1 tablespoon vegetable oil
1 large brown onion, finely chopped
2 garlic cloves, crushed
2 tablespoons korma curry paste
1 1/2 cups Greek-style yoghurt
1 large barbecued chicken, skin removed, meat roughly chopped
1 bunch English spinach, leaves roughly chopped steamed
basmati rice, to serve

Method

Heat a small, non-stick frying pan over medium heat. Add almonds. Cook, shaking pan gently, for 3 to 5 minutes or until toasted. Remove to a plate.

Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 to 4 minutes or until soft. Add curry paste and cook for 1 to 2 minutes or until aromatic. Add yoghurt and 1/2 cup cold water. Stir until well combined.

Add chicken. Bring to a gentle boil. Reduce heat to low.

Simmer, uncovered, stirring occasionally, for 4 minutes or until chicken is heated through. Add spinach. Cover and cook for 1 to 2 minutes or until spinach has wilted. Spoon curry over rice.

Top with toasted almonds. Serve.

ZUCCHINI, CARROT AND HAM SLICE

Hot or cold, this slice makes a great lunch box filler for kids and adults alike!

Ingredients (serves 6)

2 tsp olive oil

150g sliced ham, finely chopped

1 brown onion, finely chopped

6 eggs

1/3 cup (80ml) low fat milk

Salt & freshly ground pepper

350g (about 3) zucchini, coarsely grated, excess moisture squeezed

250g (about 2) carrots, coarsely grated

1/3 cup (50g) plain flour

Salad, to serve

Method

Preheat oven to 200°C. Line an 18cm-square cake pan with non-stick baking paper. Heat the oil in a non-stick frying pan over a medium heat. Add ham and onion, and cook, stirring often, for 8-10 minutes or until soft. Drain on paper towel. Set aside to cool for about 10 minutes.

Whisk the eggs and milk together. Season with salt and pepper. Stir in the zucchini, carrot and ham mixture until well combined.

Stir in the flour. Spoon into the pan and smooth the surface.

Bake for 30-35 minutes or until set and golden brown. Set aside in the pan for 15 minutes before cutting into pieces. Serve with the salad.

CHOCOLATE RICOTTA TART

This recipe I included for the sweet lovers. It is a little more time consuming to make but could be baked on a lazy Sunday afternoon for the following week.

1/4 cup (35g) white self-raising flour
1/4 cup (40g) wholemeal self-raising flour
2 tablespoons caster sugar
2 teaspoons cocoa powder
30g low-fat dairy-free spread
2 teaspoons water
1 egg yolk

Ricotta Filling

150g low-fat ricotta
1 egg
1 egg yolk
1/4 cup (70g) low-fat yogurt
1/4 cup (55g) caster sugar
2 teaspoons white plain flour 2 tablespoons dark Choc Bits
2 teaspoons coffee-flavoured liqueur

Method

1. Grease 18cm-round loose-based flan tin.
2. Process flours, sugar, sifted cocoa and spread until crumbly; add the water and egg yolk, process until ingredients just cling together. Knead dough gently on lightly floured surface until smooth, cover; refrigerate 30 minutes.
3. Preheat oven to 200°C/180°C fan-forced.
4. Press dough into tin; cover with baking paper large enough to extend 5cm over edge, fill with dried beans or rice. Bake, on oven tray, 10 minutes; remove beans and paper. bake further 5 minutes or until pastry is browned lightly; cool.
5. Reduce oven temperature to 180°C/160°C fan-forced. Pour ricotta filling into pastry case; bake, uncovered, about 20 minutes. Cool; refrigerate until firm.

Ricotta filling: Using electric mixer, beat ricotta, egg, egg yolk, yogurt, sugar and flour in medium bowl until smooth. Stir in Choc Bits and liqueur.

Per Serve

706kJ (169 cal)

6.5g total fat

2.9g saturated fat

21g carbohydrate

1.2g fibre

Medium GI

ROAST BEEF AND HORSERADISH SANDWICHES

I love this recipe just so easy to prepare and the combination of flavours a favourite of mine.

8 Slices (320g / 102/3 oz) grainy soy and linseed bread

2 tablespoons bottled horseradish cream

250g (8oz) lean roast beef, thinly sliced

100g (31/3 oz) beetroot, peeled and grated

50g (12/3 oz) snowpea sprouts

cracked black pepper

Method

1. Spread 4 slices of bread with horseradish.

2. Top with the shaved beef, grated beetroot and snowpea sprouts. Sprinkle with cracked black pepper. Top with remaining bread slices, cut and serve.

Per Serve

Fat: 6g

Protein: 23.5g

Carbohydrate: 33.5g Fibre: 4g

Cholesterol: 44.5mg

Energy: 1190kj (285 cal)

GI: 34 Low



Sources:

<http://recipefinder.ninemsn.com.au/recipes/low-gi/>

<http://www.taste.com.au/recipes/collections/lower+gi>

<http://www.diabeteswa.com.au/Library/Recipes>

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