

## USEFUL FACTS

### Carbohydrates (CHO) and The Glycaemic Index

#### CHO? What are they?

- Sugars, starches and fibre are the three types of carbohydrates that make up most of the carbohydrates we eat.
- Sugars = simple carbohydrates.
- Starch and Fibre = complex carbohydrates.

#### The G.I. Factor

- The glycaemic index is a measure of how fast carbohydrates hit the blood stream.
- Carbohydrate foods that breakdown quickly during digestion have the highest GI values because the blood sugar response is fast and high.
- Carbohydrates that break down slowly, releasing glucose gradually into the bloodstream, have low G.I. values.
- The slow digestion and gradual rise and fall in blood sugar levels after eating low GI foods has benefits for many people including:
  - Lower insulin levels, which makes fat easier to burn and less likely to be stored
  - Help lower blood fats
  - Low GI foods are more satisfying and reduce appetite
  - Reduce the risk of developing diabetes and heart disease
- The most appropriate and practical way to put the G.I. theory into practice is simply to substitute high G.I. foods for low G.I. foods. This has the effect of lowering the overall glycaemic index of your diet.

#### Substituting Low G.I. Foods for High G.I. Foods

The most appropriate and practical way to put the G.I. theory into practice is simply to substitute low G.I. foods for high G.I. foods. This has the effect of lowering the overall Glycaemic index of your diet.

##### High G.I. Choice

Bread  
Regular, smooth-textured wholemeal or white

Rice  
Most long and short grain varieties especially sticky rices

Potatoes  
Most, including Pontiac, Desiree and Sebago

Cereals  
Most processed breakfast cereals

Biscuits  
Most biscuits and crackers

Tropical Fruits  
Mango, pineapple

##### Low G.I. Alternative

Dense breads containing a lot of whole grains, sourdough and stone ground flour breads

Long grain Basmati, Doongara, imported Japonica (Japanese) rice

Sweet potato, yam, taro, new potatoes (these have a moderate G.I.), pasta of all types, noodles, legumes of all types, whole grains such as barley and bulgur

Rolled oats, semolina, muesli, certain processed cereals (All Bran)

Biscuits made with dried fruit, oats and whole grains

Temperate climate fruit such as apples, stone fruits and citrus

### Nutritional CHO Choices

CHO mainly comes from plant foods such as:

- **Cereal Grains.** These include bread, pasta, breakfast cereal and flour, which are made from rice wheat, oats, barley and rye.
- **Fruits** such as apples, oranges, bananas, grapes, peaches and melons.
- **Vegetables** such as potatoes, corn, taro and kumara.
- **Legumes, peas and beans** such as baked beans, lentils, kidney beans and chickpeas.
- **Milk** is also an excellent source of CHO. It is also rich in bone-modelling calcium.

#### Did You Know?

- 1g sugar = 4 calories
- 1g starch = 4 calories
- 1g fibre = 0 calories

## Bright Tip!

Choosing low G.I. varieties of food will significantly lower the G.I. of your diet!

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### Low-moderate Glycaemic Index foods (0-62)

#### Breakfast Cereals

- Kelloggs All Bran
- Sanitarium natural/lite toasted muesli
- Vogels soylinseed / mixed grain muesli
- Sanitarium oat bran Weetbix
- Porridge
- Special K
- Hubbards fruitful lite

#### Breads

- Burgen bread
- Vogels bread
- Sourdough
- Pita bread
- Fruit bread

#### Snack Foods

- Arnotts snack right fruit bars, fruit bites, fruit slice & cookies
- Sanitarium fruity bix bars
- Special K bars
- Yoghurt
- Fruit smoothie
- Popcorn
- Most fruits and fruit juices (no added sugar)

#### Vegetables and other carbohydrates

- Kumara & yams
- Corn
- Basmati/ wild/ sushi ricee
- Lentils and legumes e.g. chickpeas
- Baked beans
- Spaghetti
- All pasta

### Spirals with Chicken and Mushroom

Source: Survival for the Fittest, page 49

Serves 6

#### Ingredients

500g spiral pasta  
 Spray of canola or olive oil  
 500g or two skinless chicken breast fillets, chopped into small cubes  
 200g button mushrooms, quartered  
 5 spring onions, sliced  
 1½ tablespoons cornflour  
 375ml can Light and creamy evaporated milk  
 125ml (½ cup) maggi chicken stock  
 Freshly ground pepper to taste

### Moderate-high Glycaemic Index foods (63-100)

#### Breakfast Cereals

- Sultana bran & Bran flakes
- Coco pops
- Cornflakes & Rice bubbles
- Sanitarium Weetbix
- Uncle Toby's instant porridge
- Kellogg's Nutri-grain
- K-time just right breakfast cereal bar

#### Breads

- Bagels
- Panini
- Molenberg bread
- Regular white sliced bread
- Wholemeal bread

#### Snack Foods

- Most crackers including rice cakes and cornthins
- Scones
- Pancakes & pikelets
- Most biscuits
- Confectionery
- Honey

#### Vegetables and other carbohydrates

- Potatoes
- Parsnip and pumpkin
- Jasmine rice/risotto

#### Method

Start cooking the spirals in a large saucepan of boiling water. Spray a non-stick frying pan or wok with oil and heat. Cook the chicken over a high heat for about 5 minutes or until browned. Remove from the pan and set aside. Reduce the heat to medium, add the mushrooms and spring onions to the pan and cook, stirring frequently, for 3 minutes or until soft. Put cornflour into a small bowl and gradually add 1/3 cup milk, stirring until smooth. Pour the remaining milk and chicken stock into the pan, then gradually add the cornflour mixture, stirring constantly. Keep stirring until the sauce boils and thickens. Season to taste. Stir the chicken into the sauce and gently heat through. When the pasta is al dente, drain and serve topped with the sauce.

#### Analysis per serve

Energy (kJ, Cal)	1912/457
Carb (g)	69
Prot (g)	35
Fat (g)	4