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## DIABETES CONTROL

People with diabetes either lack insulin or their insulin does not work properly.

As we age, our bodies become less able to use insulin effectively, so it is important to design your daily foods to prevent sudden peaks or rises in blood sugar levels.

Your overall health can improve through optimal nutrition and the latest approach to diabetic management is to:

- use low fat foods
- use high fibre carbohydrate foods (low GI foods)
- use anti-oxidant foods
- exercise daily

Excess fat can adversely affect overall diabetes control, body weight and cholesterol levels, so it is important to keep fat intake low. Low fat foods reduce the strain on the pancreas, which secretes insulin.

High fibre foods of grains and legumes digest slowly, giving insulin the time it needs to utilise glucose. Chromium, a metal, forms part of a compound called the "glucose tolerance factor". This assists insulin to get glucose into body cells more efficiently.

Anti-oxidant foods are fresh vegetables and fruits providing Vitamin C, beta-carotene and Vitamin E. These protect against cardio-vascular disease.

Exercise is important in keeping the body's glucose tolerance system in good condition and in burning up excess blood glucose. Meditation each day helps to reduce stress.

*For more general information regarding diabetes contact the International Diabetes Institute or Diabetes Australia in your State.*

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## DIETARY SUGGESTIONS

- reduce total fat intake, particularly animal fats.
- increase linoleic acid (omega 3's) by eating nuts, linseed meal, chicken & fish.
- increase foods rich in fibre and unrefined carbohydrates such as fruits, vegetables, legumes, wholegrain breads, oats, cereals and pasta.
- spices cinnamon, cloves, bay leaf and turmeric improve insulin efficiency in using up glucose.
- select foods containing chromium such as whole grain cereals, fish & shellfish, oysters, potatoes, egg yolk and beef.
- try to include the carbohydrates which are slowly digested and absorbed leading to a smaller rise in blood glucose, known as Glycaemic Index or low GI foods. Good choices include rye or grainy breads, pasta, oats, barley, legumes (baked beans, kidney beans, chick peas, lentils), fruits (apples, oranges, stone fruit) starchy vegetables (sweet potato, corn), low fat milk & yoghurt. Try to include one low GI food at each meal.
- reduce sugar, synthetic sugars and sweet foods such as cakes & biscuits which are high in fat, & lollies & soft drink which are low in nutritional value.
- buy low fat meat, cheese and milk products.
- lower salt intake to 2,400 mg per day.
- alcohol can be consumed with a meal up to 2 drinks a day. Include regular alcohol free days.
- stop tobacco smoking.
- avoid processed foods containing nitrosamines such as pickled and smoked fish and meats.
- avoid take away foods which are fried in batter, crumbs & pastry, and creamy sauces.
- use low fat cooking methods such as steaming, microwave, baking, grilling or stir frying.
- maintain recommended weight for height.
- for individualised advice and menu planning, it is highly recommended you consult an accredited practicing dietitian with a special interest in diabetes.

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# DIABETES



**Freedom Foods**

*The Functional Food Company*

Unit 11A - 56 Keys Road

CHELTENHAM VIC 3192

Phone: (03) 9553 5155

Fax: (03) 9553 5133

Freecall: 1800 646 231

Email: [info@freedomfoods.com.au](mailto:info@freedomfoods.com.au)

Website: [www.freedomfoods.com.au](http://www.freedomfoods.com.au)

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## DIABETES PRODUCTS

- ♥ Less than 3% fat
- ♣ Gluten free, wheat free (Coeliac/Diabetes)
- ★ No added sugar
- Low GI

### Biscuits – 97% Fat Free, Low GI

- ♥ Apricot Temptation
- ♥ Spicy Apple Sensation
- ♥ Blueberry Bliss
- ♥ Sticky Date
- ♥ Zesty Ginger

### Fruit spreads - Gluten Free, Wheat Free - Low GI

- ♣♥ Apricot
- ♣♥ Raspberry
- ♣♥ Strawberry
- ♣♥ Marmalade

### Sauces - Gluten Free, Wheat Free (GI not tested)

- ♣♥ Tomato Pasta Sauce

### Snacks – (GI not tested)

- ♣♥ Baked corn chips - Plain

### Beverages – (GI not tested)

- ♣♥ Organic grape juices
- ♣♥ Black Muscatel
- ♣♥ Shiraz
- ♣♥ White Muscatel

### Spreads – (GI not tested)

- ♣♥ Vege Spread (gluten free/yeast free)
- ♣★ Soy Butter

### Confectionery - Gluten Free, Wheat Free, Low GI

Fruit strips enriched with a vitamin & mineral blend

- ♣♥ Apple & Apricot
- ♣♥ Pear & Peach
- ♣♥ Apple & Plum

### Slices/Bars

Gluten Free, Wheat Free Slices:

- ♣♥ Strawberry Multipack - **Medium GI**
- ♣ Choc Chip Multipack - (GI not tested)
- ♣ Omega Bar – **Low GI**
- ★ Super Berry Breakfast Bar - **Medium GI**, only 4% fat

### Breakfast Bar – Low GI

- ♥ Hi-Lite Breakfast Bar
- ♣★ Gluten Free Breakfast Bar

### Breakfast Cereals

- ♥ Hi-Lite enriched with vitamin C, iron & folate – **Low GI**
- ♣♥ Rice Flakes with Psyllium – (GI not tested)
- ♣♥ Rice Puffs with Psyllium – (GI not tested)
- ♣♥ Corn Flakes with Psyllium – (GI not tested)
- ★ Porridge Quick Oats – **Low GI**
- ♣♥ Ultra Rice with Psyllium – (GI not tested)
- ★ Yeast Free/Wheat free Muesli – **Low GI**
- ♣★ Gluten Free/Wheat Free Muesli – **Low GI**

### Pastas – Low GI

Gluten-free, wheat-free

Enriched with a vitamin & mineral blend & added fibre

- ♣♥ Enriched Rice
- ♣♥ Enriched Spaghetti

### Bakery – (GI not tested)

Gluten free, wheat free

- ♣♥ All-purpose flour
- ♣♥ All-purpose crumbs
- ♣♥ Pancake Shake

## Cookbook (RRR \$24.95)

### Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

**Avoid any of these Freedom Food Products if a known allergy exists.**

Glycemic Index (GI) is a ranking of foods based on their immediate effect on sugar levels. Low GI carbohydrate foods break down slowly during digestion, helping to control hunger appetite and blood sugar levels

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of dishes that makes it easier to cope with the restrictions of diabetic diets; visit Freedom Foods website [www.freedomfoods.com.au](http://www.freedomfoods.com.au) or free-call 1800646231 for further information