



**GLYCEMIC
INDEX
FOUNDATION**
Making healthy choices easy

ACCU-CHEK®



The
ultimate collection
of low GI recipes.





Roche Diabetes



**GLYCEMIC
INDEX
FOUNDATION**
Making healthy choices easy

Roche Diabetes Care

When accuracy is everything

Roche Diabetes Care has been pioneering innovative diabetes technologies and services for more than 40 years and in Australia, Accu-Chek is proudly the market leader. Being a global leader in Integrated Personalised Diabetes Management (iPDM), Roche Diabetes Care collaborates with caregivers, healthcare providers and people with diabetes to optimally manage this complex condition and contribute to sustainable care structures. Roche Diabetes Care Australia have implemented two key enablers of Integrated Personalised Diabetes Management available at pharmacies - the Simply More and Simply Easy Diabetes Management packs. These exclusive packs feature the Accu-Chek Guide meter system, consumables for testing and access to the mySugr Diabetes Management app, designed for people with diabetes to monitor, collaborate with their HCPs and have a greater understanding of their diabetes.

Roche Diabetes Care, Accu-Chek and mySugr, offers people with diabetes, healthcare professionals and pharmacies innovative and impactful solutions for convenient, efficient and effective diabetes management.

ACCUCHEK®



GI Foundation

The Glycemic Index Foundation (GIF) is an Australian not-for-profit health promotion charity by The University of Sydney and Diabetes NSW & ACT. The Glycemic Index Foundation is committed to providing the community with information and the tools required to improve its overall health through scientifically-backed low Gi healthy eating principles.

The Glycemic Index Foundation is recognised internationally as a world leader in translating the science of glycemic index into practice for the benefit of consumers. At the heart of the Foundation is the GI Symbol program, a world-first low GI food labelling program designed to help consumers make healthier choices. The GI Symbol is a certified trademark which guarantees to consumers that a food has had its Gi tested at an accredited laboratory and that the food is an all-round healthy choice, because it meets stringent nutrition criteria (consistent with international dietary guidelines).



Your low GI recipe collection

Breakfast / 4

Breakfast quesadillas with black beans, spinach and mushrooms
Scrambled eggs with smoked salmon
Apple bircher muesli

Lunch / 7

Antipasto toastie
Salmon, ricotta and quinoa cups (gluten free)
Tuna falafel and tabouleh salad

Dinner / 10

Chorizo, rice and bean bowl
Roasted salmon with grapefruit thai rice salad
Potato salad with red onion

Snacks / 13

Oatmeal Protein Energy Balls
Banana and hazelnut smoothie



Breakfast quesadillas

with black beans, spinach and mushrooms

Serves: 4 | Prep time: 10 minutes | Cook time: 10 minutes | Difficulty Level: Easy

Ingredients:

- | | |
|--|---|
| 1 tbsp olive oil | 1/2 cup grated cheddar cheese |
| 200 g (7oz) button mushrooms, wiped clean and sliced | 1 cup firmly packed baby English spinach leaves |
| 1 garlic clove, crushed | hot chilli sauce, to taste |
| 400 g (14oz) can black beans, drained and rinsed | olive oil spray, for toasting |
| 1 vine-ripened tomato, diced | 1/3 cup cup natural yoghurt |
| 4 Mission Low GI & Protein Wraps | coriander (cilantro) leaves, to garnish |

Method:

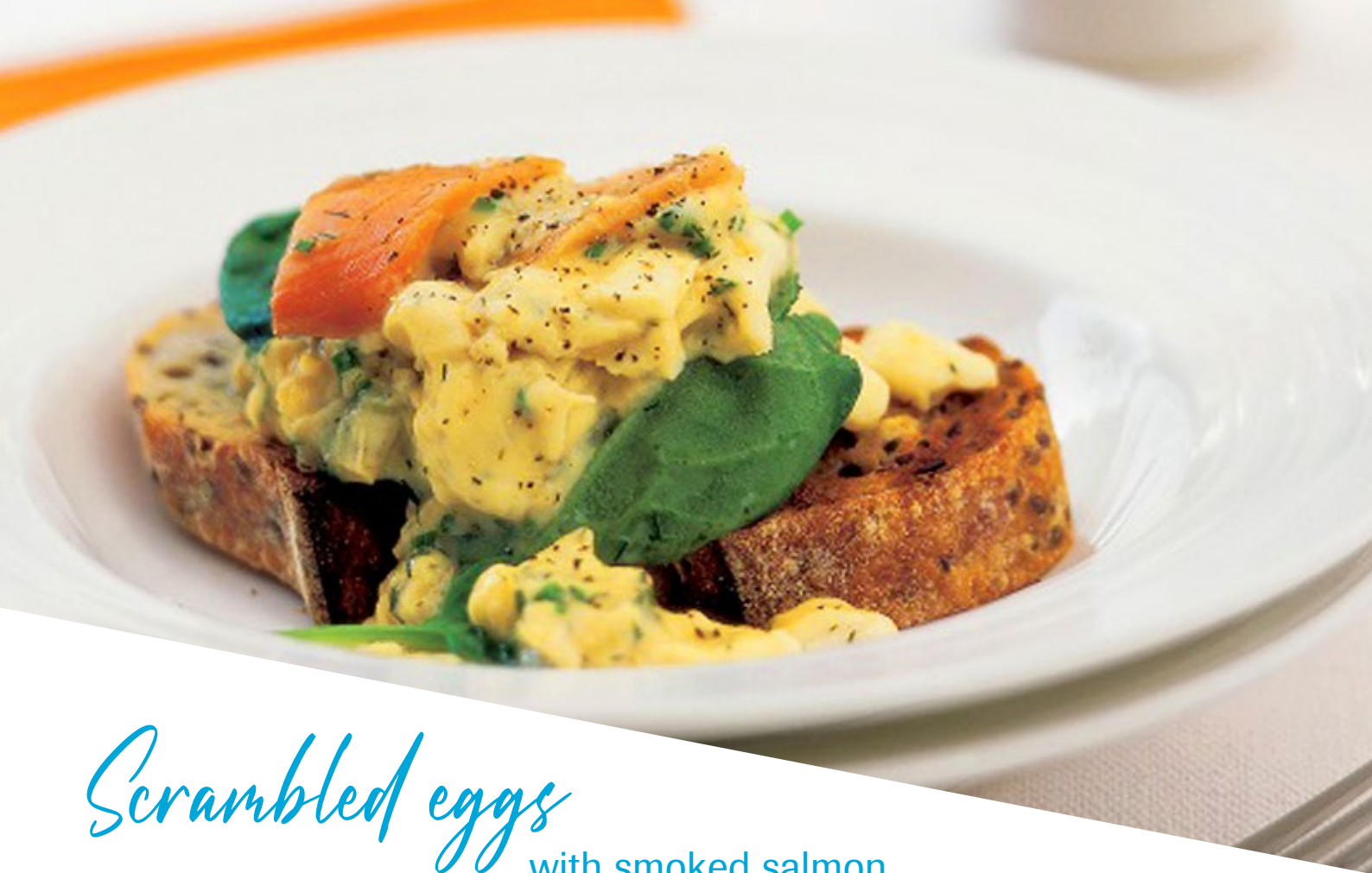
1. Heat the olive oil in a large non-stick frying pan over medium-high heat. Add the mushrooms and cook, stirring, for 3–4 minutes or until golden.
2. Add the garlic and cook for 30 seconds or until fragrant.
3. Add the beans and tomato and cook for 1 minute or until heated through. Season to taste with sea salt and freshly ground black pepper. Set aside.
4. Preheat a sandwich press. Spread a quarter of the mushroom mixture over half of a tortilla. Top with a quarter of the cheese, a quarter of the spinach leaves, and chilli sauce to taste. Fold the tortilla over to enclose the filling. Repeat with the remaining tortillas and fillings.
5. Spray the quesadillas on both sides with oil. Cook in batches in the sandwich press for 3 minutes or until the quesadillas are crisp and the cheese has melted. (Alternatively cook the quesadillas in a large non-stick frying pan for 2 minutes each side.)
6. Serve with a dollop of yoghurt, garnished with coriander.

Per serve: Calories: 340kcal | Protein: 16g | Fat: 12g | Saturated Fat: 4g | Sodium: 755mg | Fiber: 10g | Sugar: 7g

Chrissy Freer, author of *Supergrains* and now *Superlegumes* (both published by Murdoch Books), creates delicious recipes with a holistic health focus. She has contributed to countless magazines and books as a recipe developer, nutrition writer, food editor, and stylist.

View recipe online: www.gisymbol.com/low-gi-recipes/breakfast-quesadillas-with-black-beans-spinach-and-mushrooms/





Scrambled eggs

with smoked salmon

Serves: 2 | Prep time: 25 minutes | Cook time: 8 minutes | Difficulty Level: Easy

Ingredients:

4 eggs, at room temperature
80 ml (2 1/2 fl oz/ 1/3 cup) low fat milk
freshly ground black pepper
1 tbsp thinly sliced chives
1 tbsp finely chopped dill
100 g (3 1/2 oz) smoked salmon, chopped
30 g 30g (1 oz) baby spinach leaves, chopped
2 slices **Helgas Lower Carbs 5 Seeds Bread**

Method:

1. Whisk together the eggs, milk, pepper, chives and dill in a small bowl.
2. Heat a large non-stick frying pan over medium heat.
3. Add the egg mixture and cook for about 30 seconds, or until the eggs start to set around the edges. Using a wooden spatula, gently fold the eggs over, then repeat the folding process until the eggs are just cooked. The eggs should be quite soft.
4. Gently stir in the salmon and spinach until the salmon is heated through and the spinach is wilted. Serve the eggs on toasted grainy bread.

Per serve: Calories: 325kcal | Carbohydrates: 21g | Protein: 30g | Fat: 13g | Saturated Fat: 3g | Sodium: 1228mg | Fiber: 3g

Cook's Tip: One of the most important changes you can make to lower the Gi of your diet is to choose a low Gi bread. Choose a grainy bread, pumpernickel bread, sourdough or a stoneground wholemeal bread.

Recipes and image from The Low GI Cookbook, Hachette Australia.

View recipe online: www.gisymbol.com/low-gi-recipes/scrambled-egg-with-smoked-salmon/





Apple bircher muesli

Serves: 4 | Prep time: 10 minutes | Cook time: 0 minutes | Difficulty Level: Easy

Ingredients:

2 cups rolled oats	2 tbsp dried pears, chopped
1 cup milk	2 tbsp roasted hazelnuts, roughly chopped
3/4 cup creamy natural yogurt	1 tbsp pepitas
2 lemons, juiced	2 tsp sunflower seeds
3 apples (Royal Gala, Fuji or Red Delicious)	2 tsp sesame seeds
2 tbsp sultanas	Capilano Low GI Australian Honey to taste

Method:

1. Place the oats in a large bowl and stir through the milk and yogurt. Take 2 of the apples, cut into quarters and leaving the skin on, coarsely grate. Toss in the lemon juice and stir into the oat mixture.
2. Stir through the sultanas and dried pears. When ready to serve scatter over the hazelnuts, pepitas and sesame seeds
3. Divide among 4 bowls. Slice the remaining apples and put on top. Drizzle with honey to taste.

Per serve: Calories: 548kcal | Carbohydrates: 69.3g | Protein: 17.3g | Fat: 20.2g | Saturated Fat: 8.2g | Sodium: 130mg | Fiber: 9.4g | Sugar: 40.4g

Cook's Tip: Vary the seeds according to your preference

Recipe and image supplied by Horticulture Australia Limited.

View recipe online: www.gisymbol.com/low-gi-recipes/apple-bircher-muesli/



Antipasto toastie

Serves: 2 | Prep time: 10 minutes | Cook time: 0 minutes | Difficulty Level: Easy

Ingredients:

4 slices **Bürgen® Soy-Lin® Bread**
2 chargrilled red capsicum halves, thinly sliced
2 fresh bocconcini, sliced
2 bottled artichokes, sliced
2 tbsp tomato pesto
basil leaves

Method:

1. Spread pesto over sliced of bread. Layer over bocconcini, capsicum, artichokes and basil leaves. Top with slices of bread and pop in a sandwich press and toast until golden and filling has warmed through.

This recipe was supplied by the team at Bürgen®.

View recipe online: www.gisymbol.com/low-gi-recipes/antipasto-toastie/



Salmon, ricotta and quinoa cups (gluten free)

Serves: 6 | Prep time: 20 minutes | Cook time: 35 minutes | Difficulty Level: Easy

Ingredients:

- | | |
|---|---|
| 1/3 cup quinoa | 1 cup grated zucchini (1 small-medium) |
| 2/3 cup water | 2 green shallots thinly sliced |
| 1 fresh corn cob husk removed | 3/4 cup reduced fat tasty cheese grated |
| 6 large eggs | |
| 200 g reduced fat ricotta cheese | |
| 210 g can red salmon drained and flaked | |

Method:

1. Grease a 12-hole (1/3 cup capacity) non-stick or silicone muffin tray. Preheat oven to 190°C (170°C fan-forced).
2. Place quinoa and water in a small saucepan. Bring to boil. Reduce heat, simmer covered for about 10 minutes or until all liquid has been absorbed. Remove. Stand covered for 10 minutes.
3. Cut corn kernels from the cob.
4. Whisk the eggs and ricotta in a large bowl until combined. Stir in quinoa, corn, salmon, zucchini, shallots and grated cheese.
5. Spoon mixture evenly into muffin tray. Bake in preheated oven for 20-25 minutes or until set and light golden. Stand quinoa cups in muffin tray 10 minutes, then loosen edges and remove.

Per serve: Calories: 261kcal | Carbohydrates: 10.2g | Protein: 25g | Fat: 13g | Saturated Fat: 2.8g | Polyunsaturated Fat: 1.7g | Sodium: 351mg

Cook's Tip: Try serving quinoa cups warm with salad for a tasty gluten free lunch or light dinner. Swap salmon with 185g can light tuna in spring water, if preferred.

Sourced with permission from Healthy Kids at www.healthykids.nsw.gov.au

View recipe online: www.gisymbol.com/recipe/salmon-ricotta-and-quinoa-cups/



Tuna Falafel

and tabouleh salad

Serves: 4 | Prep time: 30 minutes | Cook time: 10 minutes | Difficulty Level: Easy

Ingredients:

- | | |
|---|--|
| 400 g can chickpeas, rinse and drained | 2 tbsp chopped fresh coriander or parsley |
| 1 clove garlic, crushed | freshly ground black pepper to season (optional) |
| 1 tsp ground cumin | 1 1/2 tbsp sunflower oil |
| 1 tsp ground coriander | 300 g tub prepared tabouleh salad |
| 2 green shallots, thinly sliced | 1 lemon, cut into wedges |
| 185 g can light tuna in spring water, drained | 200 g tub reduced-fat tzatziki dip, to serve |
| 2 tbsp plain flour | |

Method:

1. Process chickpeas, garlic, cumin and coriander in a food processor to form a paste.
2. Transfer mixture to a bowl, stir in shallots, tuna, flour and coriander. Season with pepper if desired.
3. Press level tablespoons of mixture into small patties.
4. Heat half the oil in a large, non-stick frypan. Add half the falafel patties. Cook over a medium-high heat for about 2 minutes on each side or until golden. Drain on paper towel. Repeat step with remaining oil and falafel patties.
5. Divide tabouleh, tuna falafel and lemon wedges between four containers. Serve with tzatziki.

Per serve: Energy: 1547kJ | Carbohydrates: 37g | Protein: 22g | Fat: 12g | Saturated Fat: 2g | Sodium: 864mg

Cook's Tip: Tuna falafel patties can be cooked a day ahead. Keep refrigerated in a container.

Sourced with permission from Healthy Kids at www.healthykids.nsw.gov.au

View recipe online: www.gisymbol.com/recipe/tuna-falafel-and-tabouleh-salad/



Chorizo, rice and bean bowl

Serves: 4 | Prep time: 15 minutes | Cook time: 15 minutes | Difficulty Level: Easy

Ingredients:

- | | |
|---|---|
| 2 tsp olive oil | 400 g (14 oz) tin red kidney beans, drained and rinsed (see tips) |
| 1 red onion, finely chopped | 370 g (2 cups) Sun Rice Low GI Brown Rice (see tips) |
| 1 large chorizo (about 150 g/5 1/2 oz), diced | 100 g (3 1/2 oz) kale, centre veins removed, leaves chopped |
| 1 tsp sweet paprika | Lime wedges, to serve |
| 1 red capsicum (pepper), seeded and diced | Natural yoghurt, to serve |
| 2 sweetcorn cobs, kernels removed | |

Method:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and chorizo and cook, stirring, for 5 minutes or until the chorizo is golden. Add the paprika and cook, stirring, for one minute or until fragrant.
2. Add the capsicum and corn kernels and cook, stirring, for two minutes or until almost tender. Add the beans and rice and cook for two minutes or until heated through. Add the kale and cook, stirring, until just wilted.
3. Serve with a wedge of lime and a dollop of yoghurt.

Cook's Tips:

- For a gluten-free version, use gluten-free chorizo.
- You can replace the tinned kidney beans with 255g (9 oz/1 1/2 cups) cooked kidney beans, and you can replace the kale with trimmed silverbeet (Swiss chard) or English spinach leaves.
- To make 370g (2 cups) cooked brown rice, start with 165g (5 3/4oz / 3/4cup) uncooked.

Recipes and images: Superlegumes by Chrissy Freer, published by Murdoch Books.

View recipe online: www.gisymbol.com/recipe/chorizo-rice-and-bean-bowl/



Roasted salmon

with grapefruit thai rice salad

Serves: 6 | Prep time: 25 minutes | Cook time: 10 minutes

Ingredients:

1 1/4 cup **SunRice Low GI White Rice**
6 pieces salmon (about 125g per serve) skin on
(NOTE: Chicken can be substituted for salmon)
2 tablespoons olive oil
2 shallots, thinly sliced
1 cup chopped herbs (coriander, mint, basil)
3 spring onions, thinly sliced
2/3 cup grapefruit segments

Dressing:

1/3 cup lemon (or lime) juice
2 small red chilies, finely chopped
2 tablespoons Thai fish sauce
2 tablespoons olive oil

Method:

1. Preheat oven to 220C (fan 200C).
2. Cook both rice according to instructions on-pack.
3. Place salmon pieces skin side down on baking paper in a shallow oven proof dish. Brush with oil and roast about 10 minutes or until the fish starts to flake easily when tested with the point of a thin knife blade.
4. Put the rice into a large bowl with the shallots, fresh herbs, spring onion and grapefruit. Season to taste.
5. Make the dressing by whisking together the lemon juice, chilli, fish sauce and olive oil. Pour over rice mixture and gently toss.
6. To serve, divide the rice salad equally between serving plates and top with a piece of roasted salmon.

Per serve: Energy: 2300 kJ | Calories: 550 | Protein: 31g | Fat: 30g (includes 5.5g saturated fat; saturated : unsaturated fat ratio 0.2) | Carbohydrates: 37g (includes 3g sugars and 34g starches); Fibre: 2g | Sodium: 470mg | Potassium: 550mg | GI estimate Low

View recipe online: www.gisymbol.com/recipe/roasted-salmon-with-grapefruit-thai-rice-salad/



Potato salad

with red onion

Serves: 6 | Prep time: 30 minutes | Cook time: 20 minutes | Difficulty Level: Easy

Ingredients:

1kg **Coles Carisma Potatoes**, cut into 2cm cubes
1/4 cup extra virgin olive oil
1/2 medium red onion, finely sliced
1 lemon, juiced
1 tbsp white wine vinegar
1 cup coarsely chopped Italian parsley
sea salt and coarse ground black pepper

Method:

1. Place potatoes in a saucepan of cold salted water, bring to boil and cook until just tender. Drain potatoes and place in a bowl.
2. Combine all of the dressing ingredients in a separate bowl and mix well. Add dressing to the warm potatoes, together with the chopped red onion and parsley, and toss well.
3. Season with salt and pepper. Salad can be served warm or cold. Serving tip: top with micro-herbs or additional fresh garden herbs.

Per serve: Energy: 725kJ | Calories: 174kcal | Carbohydrates: 18.5g | Fat: 9.8g | Saturated Fat: 1.5g | Sodium: 221mg | Potassium: 971mg | Fiber: 4g | Sugar: 3.5g

View recipe online: www.gisymbol.com/recipe/potato-salad-with-red-onion/



Oatmeal protein

energy balls

Serves: 24 | Prep time: 10 minutes | Difficulty Level: Easy

Ingredients:

1 1/2 cup (135g) Uncle Tobys Traditional Cooking Oats
1/2 cup (40g) vanilla whey protein powder (about 2 scoops)
1/2 tsp cinnamon
1 tbsp chia seeds

1/2 cup (140g) smooth natural peanut butter
3 tbsp natural honey
1 tsp vanilla bean paste
1/3 cup (95g) raisins, raisins or other dried fruit
3 tbsp almond milk

Method:

1. Put Traditional Cooking Oats, protein powder, cinnamon and chia seeds to a large bowl.
2. Add peanut butter, honey and vanilla extract. Stir to combine.
3. Add raisins (or alternative). Mixture should be slightly sticky but still crumbly.
4. Slowly add in almond milk 1 tablespoon at a time, and using your hands combine it until it comes together and holds. If the mixture is too dry, add in more liquid but not so much that it won't hold shape. Roll it into balls using your hands. Place the balls in a container to set in the fridge for at least 30 minutes.
5. Store in the fridge until ready to eat.

View recipe online: www.gisymbol.com/recipe/oatmeal-protein-energy-balls/



Banana and hazelnut smoothie

Serves: 1 | Prep time: 5 minutes | Cook time: 0 minutes | Difficulty Level: Easy

Ingredients:

1 frozen medium banana (approx. 110g) or fresh banana, plus handful ice
1 cup Complete Dairy High Protein milk (250ml)
100 g low-fat Greek plain yoghurt
25 g Whole rolled oats (approx. ¼ cup)
5 roasted hazelnuts

Method:

1. Blend all of the ingredients together until smooth, then serve.

Per serve: Energy: 725kJ | Calories: 174kcal | Carbohydrates: 18.5g | Fat: 9.8g | Saturated Fat: 1.5g | Sodium: 221mg | Potassium: 971mg | Fiber: 4g | Sugar: 3.5g

Cook's Tip: You may like to add a teaspoon of honey for a daily indulgence.

Recipe supplied by the CSIRO Total Wellbeing Diet online program.

View recipe online: www.gisymbol.com/low-gi-recipes/banana-hazelnut-smoothie/



GLYCEMIC INDEX AND MANAGING DIABETES

Healthy eating is important for everyone, including people living with diabetes. Enjoying healthy foods and being active will help manage your blood glucose levels (BGLs) and your body weight. In fact healthy eating for people with diabetes is similar to recommendations for everyone. There is no need to prepare separate meals or buy special foods.

Studies around the world show that following a low GI diet significantly helps people with type 1 and type 2 diabetes improve their BGLs.



For more info on the GI Symbol Program
& to sign up for the free newsletter visit
www.gisymbol.com

STEPS FOR BETTER GLUCOSE CONTROL – THE LOW GI WAY:

STEP 1 MAKE THE SWITCH FROM HIGH TO LOW GI FOODS

Using the Glycemic Index (GI) is easy as all you need to do is swap high GI foods with healthy low GI foods. Try and include at least one low GI food at every meal or snack. When shopping look for the Glycemic Index Symbol, it guarantees that a food has been tested by independent experts to be low GI and meets strict nutrient criteria meaning it's a healthier choice.

SWAP HIGH FOR LOW GI		
	Minimise high GI	Maximise lower GI alternatives options
Breads	Soft white breads	Authentic sourdough
	Light & airy wholemeal & white breads	Dense wholegrain and multigrain breads; pumpnickel; wholegrain high fibre wraps; white corn tortillas; fruit breads; raisin toast
Cereals	Most refined, commercial, processed cereals	Dense wholegrain and multigrain breads; pumpnickel; wholegrain high fibre wraps; white corn tortillas; fruit breads; raisin toast
Main meal carbs and starchy foods	Potatoes: mashed, chips and French fries	Carisma™ potatoes; sweet potato; parsnip; corn, lentils; chickpeas; kidney, borlotti and cannellini beans, baked beans
	Jasmine, calrose, arborio, glutinous, short grain, brown or white rice	SunRice low GI white or brown rice, prepared sushi made from traditional Japanese rice; wild rice
	Polenta, millet, instant couscous	Pasta cooked 'al dente'; soba noodles, udon noodles, fresh rice noodles, vermicelli; pearl couscous, buckwheat, quinoa, pearl barley
Snacks	Water crackers, crispbreads, savoury crackers, doughnuts, confectionary, processed fruit bars, pretzels, rice cakes	Fresh fruit such as apples, pears, bananas, grapes, kiwi fruit; wholegrain crackers; dried fruit and nuts; wholegrain and high fibre cereal bars; nut, seed and grain bars; low fat yoghurt; muesli bars; hummus or tzatziki dips with vege sticks
Sweeteners	Sugar, golden syrup, treacle	Pure maple syrup; pure floral honey
Beverages	Cordials, soft drinks, energy drinks	Water; fruit juice (limit to 150ml); vegetable juice; fruit smoothies (limit to 200ml); reduced or low-fat milk; soy, almond or oat plant-based milks



STEP 2 KEEP CARBOHYDRATE PORTIONS MODERATE

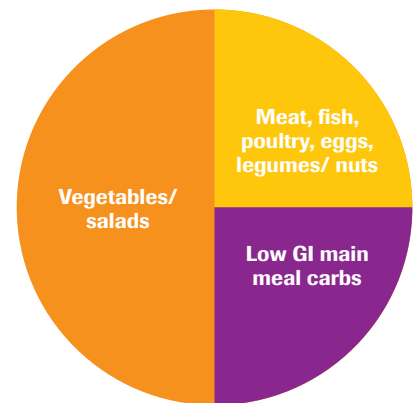
Having diabetes doesn't mean that you need less carbohydrate than anybody else. It means you need to be more aware of the amount of carbohydrate foods you eat. By spreading out your carbohydrate rich foods evenly throughout the day, you can maintain energy levels better and keep BGLs within the target range. Managing your diabetes depends on both quality and quantity – choosing low GI foods doesn't mean you can eat as much as you want.



STEP 3 EAT REGULAR MEALS

Most people find that their BGLs improve if they space out their meals and carbohydrate intake throughout the day. You also need to balance the quantity of protein (meats and alternatives), fats and oils, fruit and vegetables in your meals.

This is what a healthy plate should look like:

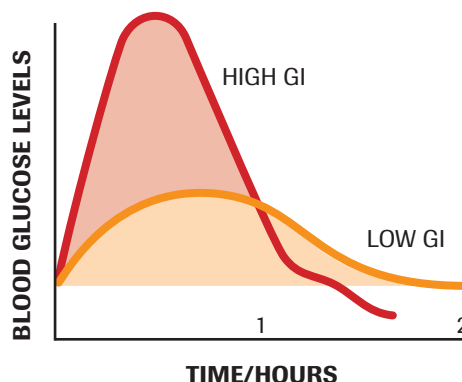


STEP 4 EXERCISE REGULARLY FOR A HEALTHY WEIGHT

Being physically active everyday will help improve your BGLs and general health. Weight bearing exercises such as walking will also help build strong bones and strengthen your muscles so they burn fat more efficiently. You will be more energised and feel better overall. Aim for at least 30 minutes to 60 minutes of moderate paced exercise everyday – ideally on top of an active lifestyle. If you haven't done much exercise for a long time it's important to check with your GP.

GLYCEMIC INDEX

The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Foods with a low GI ($GI \leq 55$) release glucose into the bloodstream at a slow sustainable rate, and have proven benefits for health.





YOUR LOW GI SHOPPING LIST

To help lower the Gi of your diet, we have put together this simple shopping list.

BREAD look for breads where you can see lots of grains.....

- | | | |
|--|--|--|
| <input type="checkbox"/> Wholegrain /
multigrain breads | <input type="checkbox"/> Sourdough
bread | <input type="checkbox"/> Fruit Loaf; Raisin
bread |
| <input type="checkbox"/> Grain & seed
breads | <input type="checkbox"/> White corn
tortillas | |

BREAKFAST CEREALS.....

- | | | |
|---|---|---|
| <input type="checkbox"/> Traditional
porridge oats | <input type="checkbox"/> Bircher Muesli | <input type="checkbox"/> Wholegrain high
fibre cereals |
| | <input type="checkbox"/> Muesli | |

DAIRY FOODS.....

- | | | |
|---|--|--|
| <input type="checkbox"/> Reduced fat milk | <input type="checkbox"/> Reduced fat
yoghurt, plain or
fruit flavoured | <input type="checkbox"/> Low fat ice-cream |
| <input type="checkbox"/> Reduced fat
custard | | |

DRINKS.....

- | | | |
|--|-------------------------------------|--|
| <input type="checkbox"/> Fruit Juice | <input type="checkbox"/> Skim Latte | <input type="checkbox"/> Ovaltine |
| <input type="checkbox"/> Fruit Smoothies | <input type="checkbox"/> Soy Drinks | <input type="checkbox"/> 100% Vegetable
Juice |
| <input type="checkbox"/> Milo | <input type="checkbox"/> Sustagen | |

FRUIT.....

- | | | |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Grapes | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Kiwi Fruit | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mango | <input type="checkbox"/> Canned fruit in
natural juice |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Oranges | <input type="checkbox"/> Dried fruits;
prunes, raisins,
sultanas, apricots |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Peaches | |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pears | |

Look for the Gi Symbol, your trusted guide to make healthy low Gi choices quick and easy.

FOR MORE INFORMATION GiSYMBOL.COM

LOOK FOR THE Gi SYMBOL MAKING HEALTHY CHOICES EASY



To help make healthy low Gi choices quick and easy, foods carrying the Gi Symbol guarantee that they have been reliably tested and meet very strict nutrient criteria.

LEGUMES.....

- | | | |
|---|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Baked Beans | <input type="checkbox"/> Cannellini | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Borlotti Beans | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Split Peas |
| <input type="checkbox"/> Butter Beans | <input type="checkbox"/> Kidney Beans | |

MAIN MEAL CARBS.....

- | | | |
|--|---|---|
| <input type="checkbox"/> Basmati rice | <input type="checkbox"/> Noodles; Udon,
Hokkein, Soba,
Rice, Vermicelli | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Brown rice | | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Pasta, cooked al
dente | <input type="checkbox"/> SunRice Low Gi
Brown Rice |
| <input type="checkbox"/> Bulgur | <input type="checkbox"/> Pearl Barley | <input type="checkbox"/> SunRice Low Gi
White Rice |
| <input type="checkbox"/> Cracked Wheat | <input type="checkbox"/> Pearl Couscous | |
| <input type="checkbox"/> Freekeh | | |

SNACKS.....

- | | | |
|--|---|---|
| <input type="checkbox"/> Dried fruit and
nuts | <input type="checkbox"/> Grain & Fruit bars | <input type="checkbox"/> Wholegrain
crackers |
| | <input type="checkbox"/> Nut & Seed bars | |

SPREADS.....

- | | | |
|--|---------------------------------|--------------------------------------|
| <input type="checkbox"/> Fruit Spreads | <input type="checkbox"/> Hummus | <input type="checkbox"/> Nut butters |
|--|---------------------------------|--------------------------------------|

VEGETABLES.....

- | | | |
|---|--|---------------------------------------|
| <input type="checkbox"/> Broadbeans | <input type="checkbox"/> Celery | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Silverbeet |
| <input type="checkbox"/> Butternut
Pumpkin | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Snowpeas |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Green Leafy
Vegetables | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Carisma Potatoes | <input type="checkbox"/> Leeks | <input type="checkbox"/> Sweetcorn |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Tomatoes |
| | | <input type="checkbox"/> Zucchini |

Head into your local supermarket and look for the Gi Symbol, helping you make healthy choices easy.

FOR MORE INFORMATION GiSYMBOL.COM

MEANINGFUL MONITORING

If you have diabetes or prediabetes, monitoring your blood glucose levels performs an important role in helping you understand what is happening on a day-to-day basis. Remember that one blood glucose value from a check does not tell you the whole story!

When you constantly check at the right time and frequently enough in a structured manner, blood glucose patterns emerge. This can give you a better understanding of the fluctuations in your blood glucose, which are linked to your daily habits. The Accu-Chek® Testing in Pairs is a simple paper tool is designed to help you see changes in your blood glucose before and after a specific meal, exercise, or other events. Use it to discover how one thing in your daily routine can affect your blood glucose.

WHAT COULD YOU LEARN?

Does what and how much I eat make a difference in my result?

Does activity/exercise affect my blood glucose?

Does packing my lunch instead of eating out affect my blood glucose?



HERE'S HOW IT WORKS:

What do I want to learn?			
<i>How does breakfast affect me?</i>			
Day	Before	2 Hours After	Change
Jan 26	6.1	11.6	5.5
Jan 27	7.2	10.3	3.1
Jan 28	6.9	14.1	7.2

Sample data only.

1 Start with a simple question and use your blood sugar results to see what works for you.

Notes:

Bowl of cereal

Oats with low fat milk

2 slices of raisin toast

2 Each day, check your blood sugar before the meal or activity, and write the number in the **Before** column. Check it again 2 hours after the meal or activity, and write it in the **After** column.

3 How did your blood sugar change?

What do I want to learn?

Day	Before	2 Hours After	Change

Notes:

What do I want to learn?

Day	Before	2 Hours After	Change

Notes:

What do I want to learn?

Day	Before	2 Hours After	Change

Notes:

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.



TOOLS AND RESOURCES TO HELP MONITOR AND RECORD YOUR BLOOD GLUCOSE

The **mySugr app** will be your honest companion to monitor and manage you diabetes.

- Easy logging of blood glucose, meals, photos and more
- No more surprises; estimated HbA1c
- Bolus calculator and test reminders

Find out more or download the **mySugr app**:



ACCUCHEK



www.accu-chek.com.au • Accu-Chek Enquiry Line: 1800 251 816

ACCUCHEK, ACCUCHEK GUIDE, ACCUCHEK GUIDE ME and MYSUGR are trademarks of Roche. Apple and Google trademarks are the property of their respective owners. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Roche is under license. All other trademarks and product names are the property of the respective owners. ©2021 Roche Diabetes Care. Roche Diabetes Care Australia Pty Ltd, 2-4 Julius Avenue North Ryde NSW 2113 Australia. ABN 69 602 140 278. 09484612001. AU-886. Date of preparation June 2021.