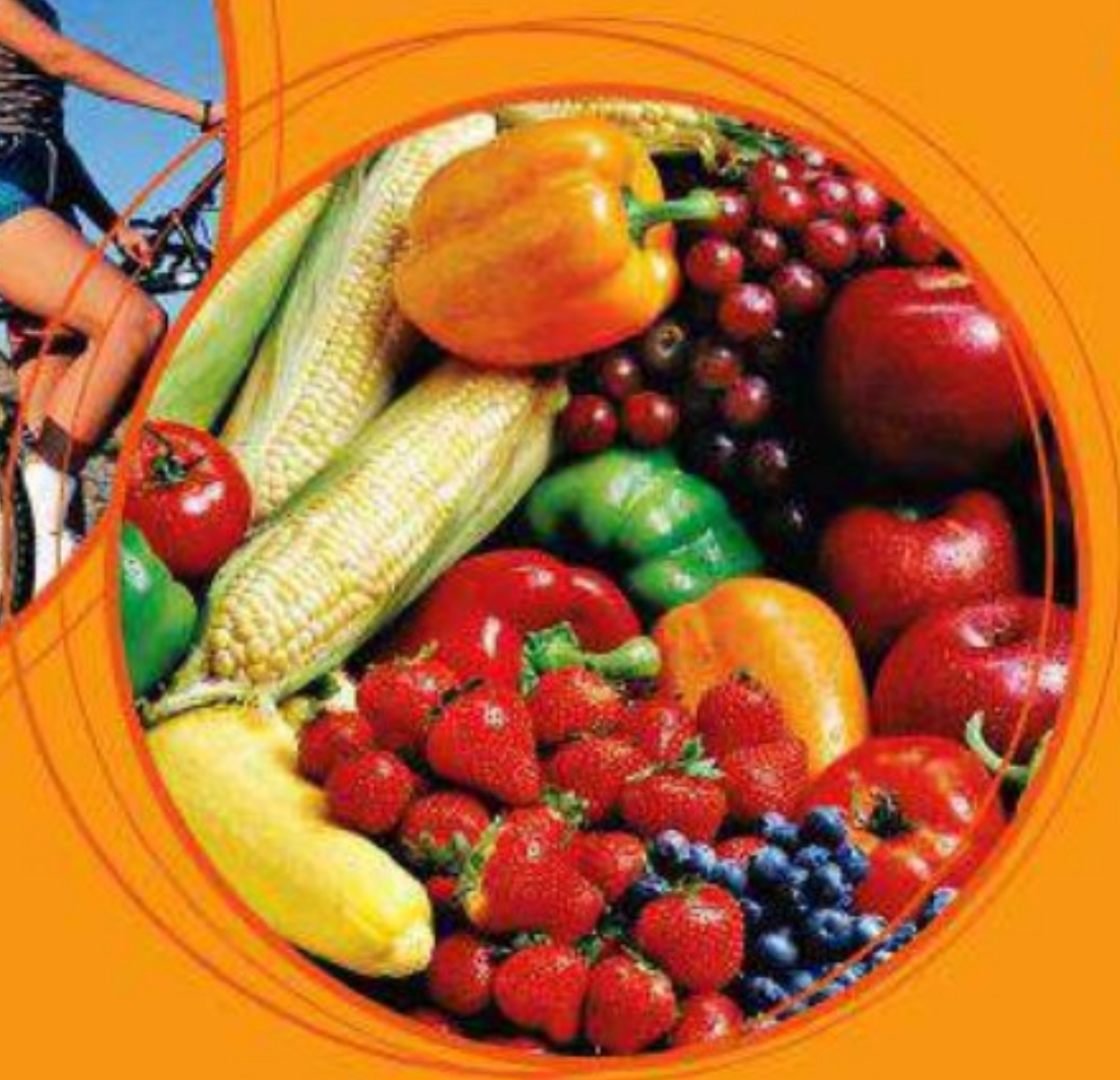
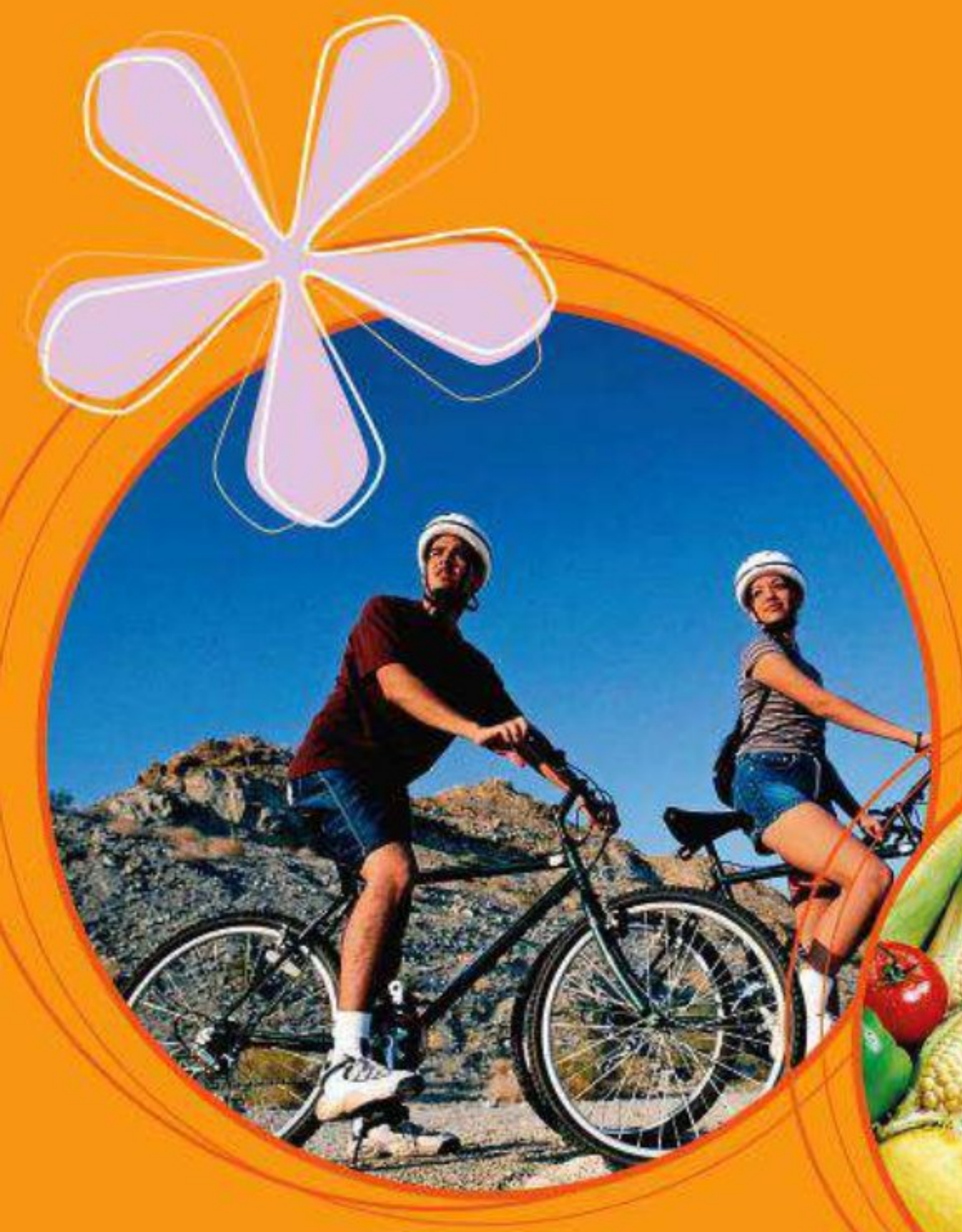


# Living well with DIABETES

recipes &  
top tips  
for a full &  
active life



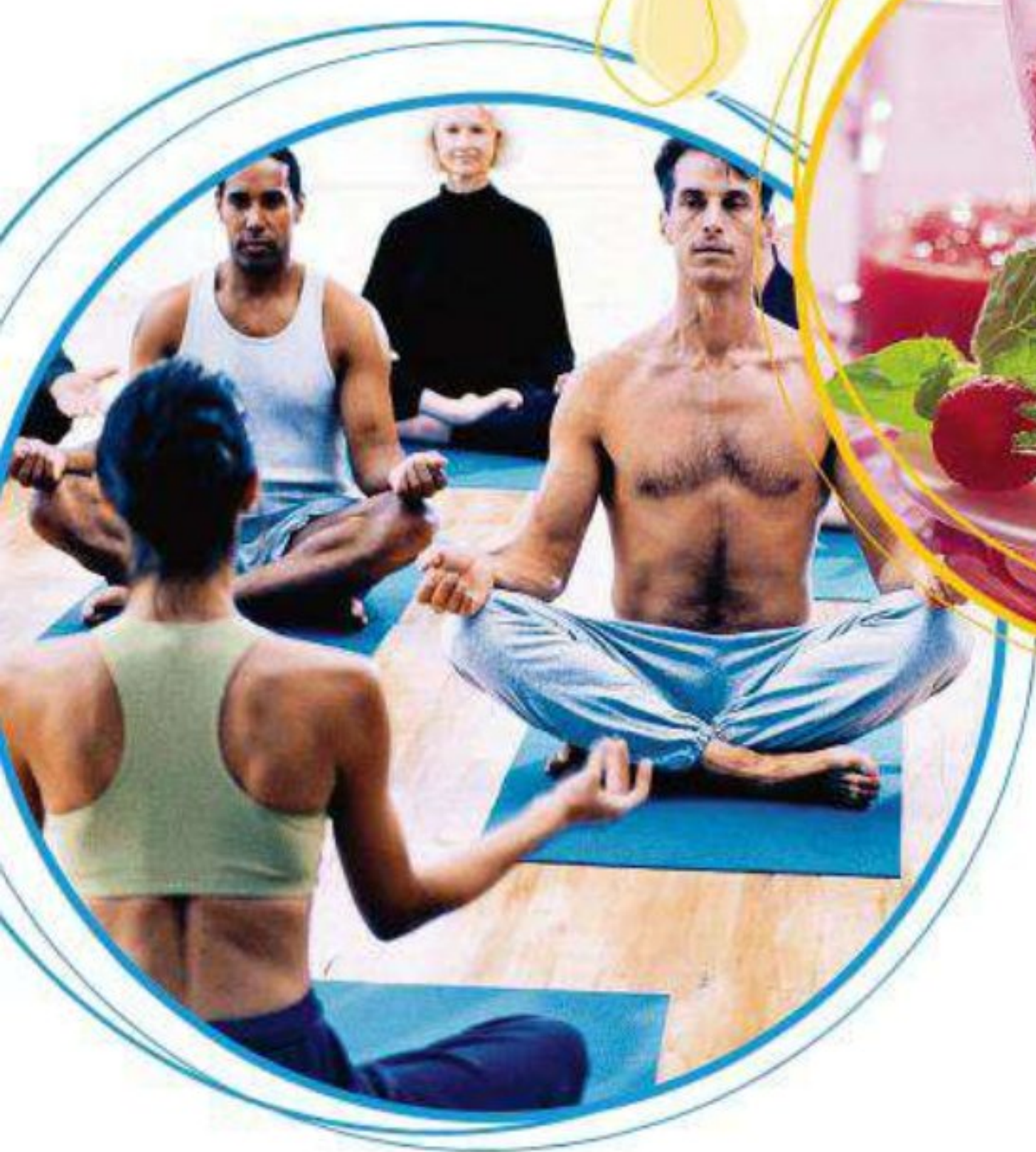
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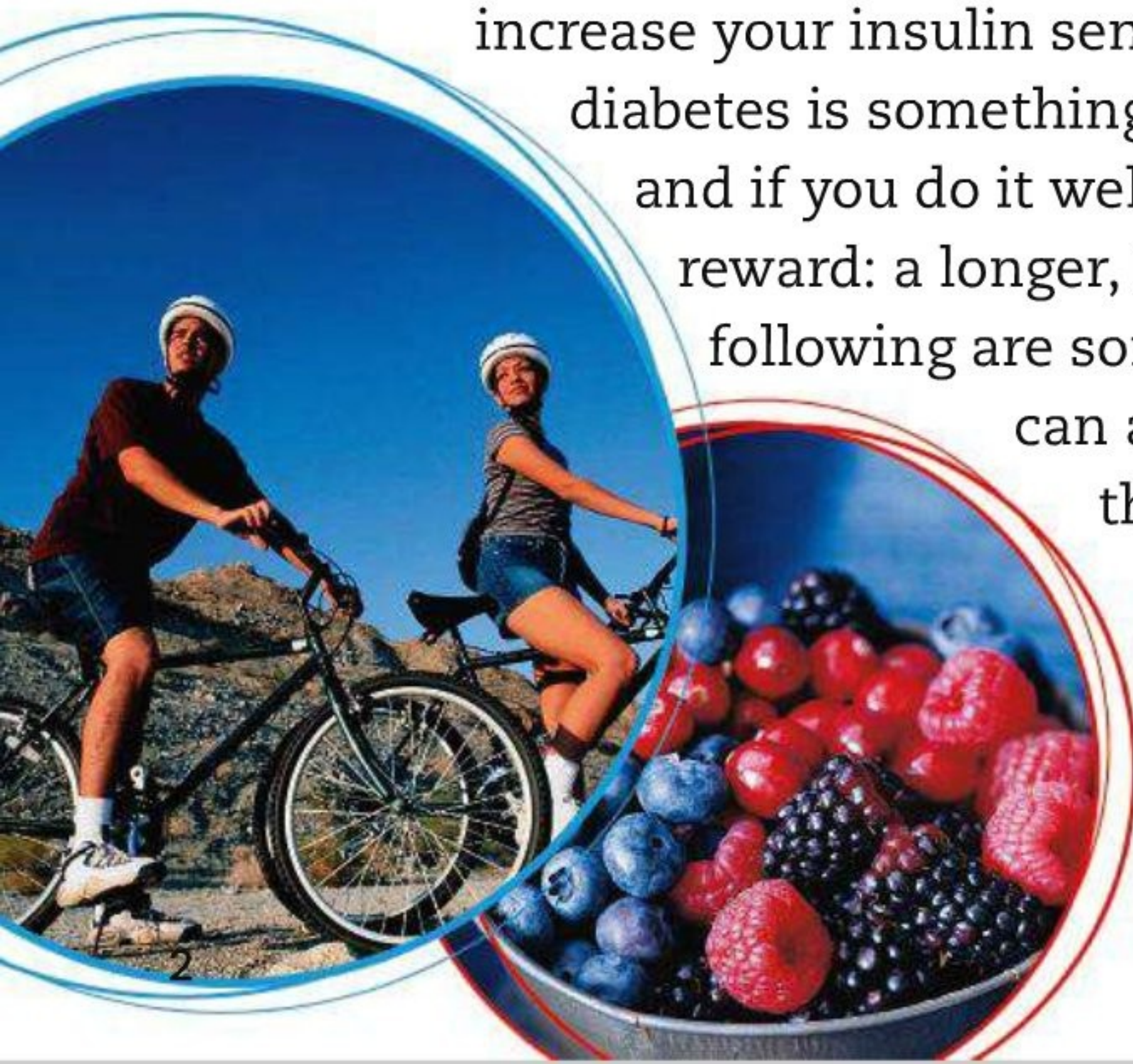


# your goals

If you have Type 2 diabetes, the power to stabilise your blood glucose and supercharge your health lies with you. That's a lot of control – and a lot of responsibility. Reader's Digest has designed *Living Well with Diabetes* to help you get started.

It is built on three principles: eating the right foods, getting enough exercise and keeping a positive, low-stress approach to life, allowing you to lose weight, stave off diabetes-related complications, regain your energy and feel terrific. The system is simple, convenient and requires no special food or equipment.

Why follow this plan instead of just taking a tablet or insulin to manage your diabetes? No diabetes medication will continue to work well if you don't also take steps to lower your blood glucose naturally and increase your insulin sensitivity. Managing diabetes is something you do every day, and if you do it well, you'll reap the best reward: a longer, healthier life. The following are some of the goals you can achieve by following the prescriptions in this booklet.





**> Lose weight.**

Being overweight is one of the most important contributors to Type 2 diabetes, and losing weight is one of the most important steps in getting it under control. Losing weight will also make a significant difference in the way you look and feel.

**> Lower your blood glucose.**

If you shed about 10 per cent of your body weight, you could achieve up to a 30 per cent drop in your fasting blood glucose level.

**> Increase your insulin sensitivity.**

If you have Type 2 diabetes, your cells are less responsive to the hormone insulin, which escorts glucose into cells. This insulin resistance is the hallmark of Type 2 diabetes. Weight loss and regular physical activity both increase your cells' response to insulin.

**> Reduce reliance on insulin or tablets.**

By increasing your insulin sensitivity, you could potentially reduce your reliance on insulin or diabetes medication – or, for some people, even get off medication altogether. (Of course, don't make any changes without your doctor's approval.)

**> Slash your heart disease risk.**

People with diabetes have a significantly increased risk of dying from a heart attack. By losing weight, getting more exercise and eating more fish and other heart-healthy foods, you could slash your risk of a heart attack.


**> Feel terrific!**

If you pursue the prescriptions in *Living Well with Diabetes*, you can expect to increase your energy levels, tone your muscles, trim your waistline ... and you'll feel strong and empowered in the knowledge that you're doing everything possible to take charge of your health.

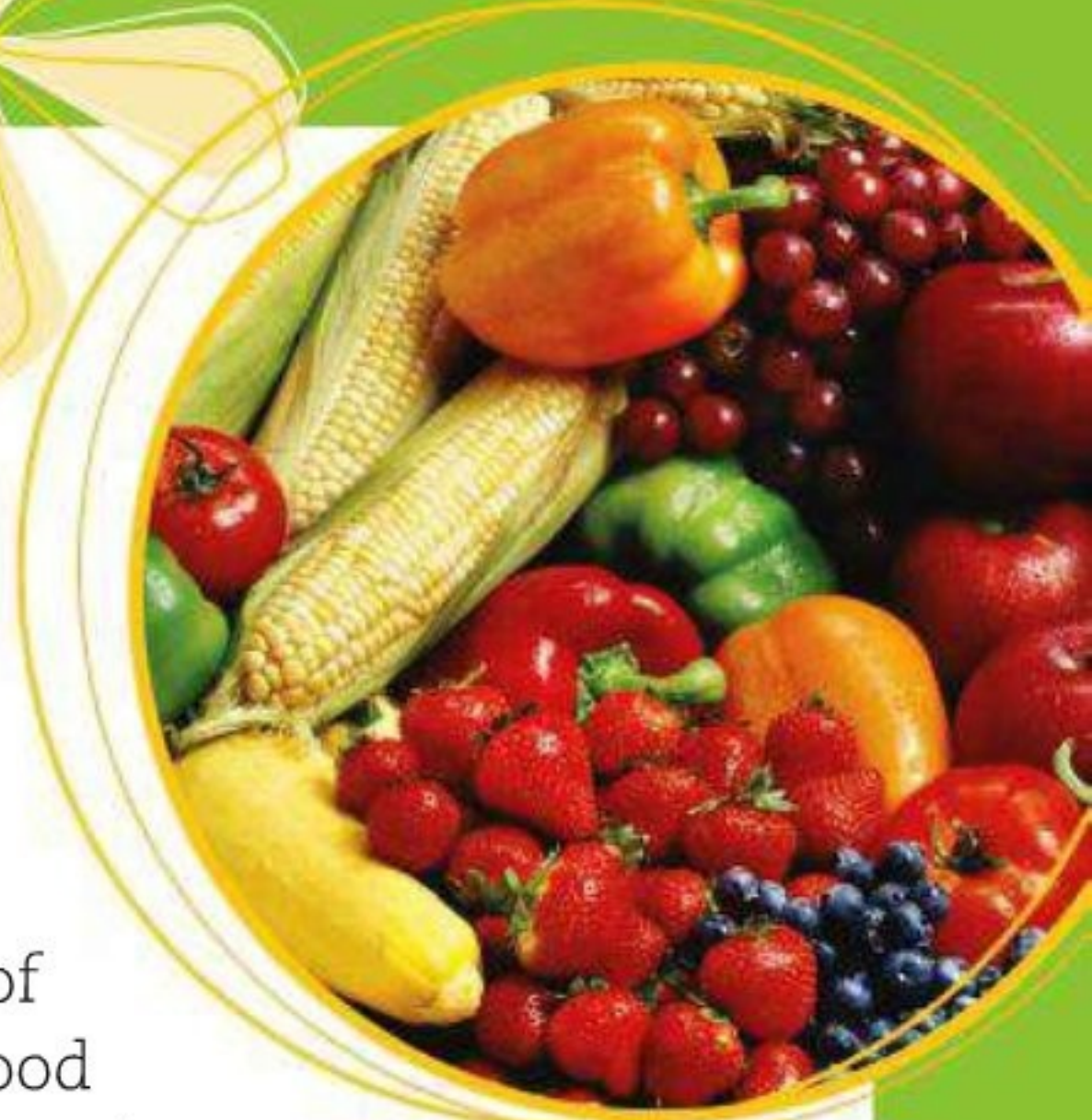

# eat to manage diabetes

You have the power to control diabetes with every bite of food you put in your mouth. So what's the secret behind eating to manage diabetes? The issue isn't carbs vs. protein or low fat vs. high fat. *How much* you eat is just as important as *what* you eat. It's kilojoules that count. That's because when you lose weight, your cells' response to insulin improves.

Diabetes is a numbers game. The vital numbers include your blood glucose, and the numbers on the scales. To lose weight, you have to eat less. But don't worry, you won't be nibbling like a rabbit. You should aim to consume a total of 5500 kJ a day, or 6750 kJ a day if you're larger or more active. For some people, this might simply mean snacking on an apple instead of a chocolate bar.

 \* **carbs** While it's smart to limit the carbs you eat at one sitting, it's just as important to choose the right ones – the 'slow-burning' low-GI carbs. That means switching to grainy breads, legumes and pasta. Doing this, along with eating five servings of vegetables a day, bulks up your fibre intake. High fibre, low GI is key because it slows digestion and keeps blood glucose from rising quickly after a meal. This effect is so powerful that it can lower your overall blood glucose levels.

\* **fat** Eating less fat is essential to weight loss, but so is switching the type of fat: fat from fish and olive or canola oil is your best friend. Fat from meat and butter is your worst enemy.



\* **vegetables** Vegetables are low in kilojoules yet high in volume because a lot of their weight comes from water. By eating more vegetables, you may also eat less fat – and that’s important, since fat has more than twice the kilojoules of carbohydrates or protein. (Fruit is good for you, too. Although it contains sugar in the form of fructose, it isn’t absorbed as quickly as the sucrose in table sugar and sweets. And fruit packs plenty of disease-fighting nutrients.)

\* **sugar** Cutting back on sweets is key. The real problem with sweets is that they load you up with kilojoules that provide little nutrition. To sidestep those kilojoules, consider using sugar alternatives.

\* **kilojoules** We’re not suggesting you count all the kilojoules you consume, but you should develop a sense of how many kilojoules the foods you eat contain, and use that information to see if you’re eating about the right number of kilojoules throughout the day. Use our guide to serving sizes on pages 10–11, and in time you’ll develop an intuitive sense of how much food is enough.

\* **whole foods** We want you to limit high-GI foods such as refined bread, most bought cereals and rice, and favour wholegrain low-GI foods, beans and low-fat dairy. These are your energy foods. They supply a steady stream of fuel and don’t propel you up and down a blood glucose roller-coaster that leaves you tired when you hit a trough. Energy is very important to quality of life, and we want you to have plenty!

\* **energy** It’s important to eat five servings of vegetables a day and to plan your meals ahead of time every week to make sure they fit the bill and to help you avoid last-minute grabs for greasy takeaway or pizza. You should be eating small meals and snacks at least five times a day to keep your blood glucose steady and your metabolism in high gear.

# what you need to do



Simply put, in *Living Well with Diabetes* we want you to eat less, eat more often, and eat better. Your assignments:

## > Plan your meals.

It's the best way we know to stick to healthy eating goals. Give preference to lean meat, fish and legume-based dishes.

## > Eat more often.

The best approach for diabetes is to eat three moderate-sized meals (including breakfast) and two small healthy snacks a day.

## > Eat five servings of vegetables a day.

By eating more non-starchy vegetables, you'll also eat more fibre. And vegetables are full of disease-fighting compounds. One serving is  $\frac{1}{2}$  cup canned or cooked vegetables or 1 cup raw vegetables.

## > Eat at least two servings of fruit a day.

A serving of fruit is 1 medium or 2–3 small pieces of whole fruit or  $\frac{1}{2}$  cup raw, cooked or canned fruit. Have fruit with breakfast and as snacks.

## > Switch to whole grains.

Whole grains such as some wholegrain bread and cereals contain fibre and many have a low GI, steadying the rise of blood glucose. Aim for three to six servings a day. A serving is 1 slice whole wheat bread or  $\frac{1}{3}$  cup brown rice or whole wheat pasta.

## > Eat calcium-rich foods.

Aim to get two to three servings a day of low-fat milk and milk products such as milk, yogurt and cheese. A serving is 1 cup (250 ml) milk, a 200 g tub yogurt or 40 g low-fat cheese.



**> Eat legumes at least twice a week.**

Eat legumes at least twice a week. They are rich in low-GI carbohydrate and soluble fibre, which can help to lower cholesterol.

**> Focus on 'good' fats.**

While saturated fats (found in meat, butter and ice cream) contribute to insulin resistance, 'good' fats improve your general health. Favour fish over meat and use olive or canola oil instead of butter.

**> Watch your serving sizes.**

Keep in mind that a main-dish serving of meat is only the size of a deck of cards, and pasta and cereal should be kept to 1 cup.

**> Establish a daily kilojoule target.**

How many kilojoules you need depends on what you weigh, how fast your metabolism is, and how much exercise you get. Ask your doctor for a rough idea of how many kilojoules you need to maintain your current weight.

**> Eat the right amount at meals and snack time.**

Your dinner should be only slightly bigger than your lunch. As a general guide, aim to get 1250–1700 kilojoules (kJ) at breakfast, 1480–1900 kJ at lunch, 1900–2300 kJ at dinner, and 400 kJ at snack time (two snacks a day). The smaller numbers, for smaller people, total 5500 kJ a day. The higher numbers, for larger or more active people, total 6750 kJ a day. You can use an online kilojoule counter to help you estimate how many kilojoules you're getting at each meal.

**> Eyeball your serving sizes.**

We don't expect you to count kilojoules every day. Use our guide to serving sizes on pages 10–11 and in time you'll develop an intuitive sense of how much food is enough.



# 11 golden rules to eat to manage diabetes

Eating to manage diabetes is not complicated. People with diabetes don't have to shun sugar completely. It's total kilojoules that count most, no matter where they come from. Carbs are good – the goal is to eat the right carbs in appropriate amounts. And small amounts of 'good' fats are actually good for you! Follow these 11 rules and you'll be well on your way to success.

## 1 Eat less, more often.

Eating small meals and healthy snacks throughout the day will help you avoid blood glucose swings and keep your metabolism up so you burn more kilojoules all day. Always eat breakfast, and never go more than four hours without a small meal or snack.

## 2 Be snack smart.

Eating less, more often throughout the day is smart, but keep snacks low in kilojoules by choosing fruits, raw vegetables and diet yogurt – not chips, biscuits and cakes.



**3 Know your GI.** All carbs are digested to produce glucose but do so at different rates – some slow, some fast. Identify foods with a lower GI and try to include at least one serve in every meal and snack.

**4 Limit high-GI foods.** High-GI foods such as most refined breads and breakfast cereals are digested quickly. In no time, they're broken down into glucose, which sends your blood glucose soaring. In turn, your body pumps out more insulin, and when all that insulin kicks in, your blood glucose plummets, making it very difficult to manage your diabetes.

**5 Eat outside the box.** Packaged foods are often high in fat, refined carbohydrates and kilojoules. Whenever you can, cook your own meals from fresh foods instead.

**6 Say 'no' to empty kilojoules.** Foods and drinks with lots of added refined sugars are best avoided, particularly energy-dense varieties such as sweets, lollies and regular soft drinks. While many sugary foods have a low GI (such as chocolate, ice cream and toasted muesli) they are still not suitable for everyday eating.

**7 Fill up on fibre.** Fibre helps to slow digestion and may keep blood glucose from rising quickly after a meal. It adds bulk to food, so it makes you feel full without adding kilojoules. Vegetables and legumes are great sources of fibre.

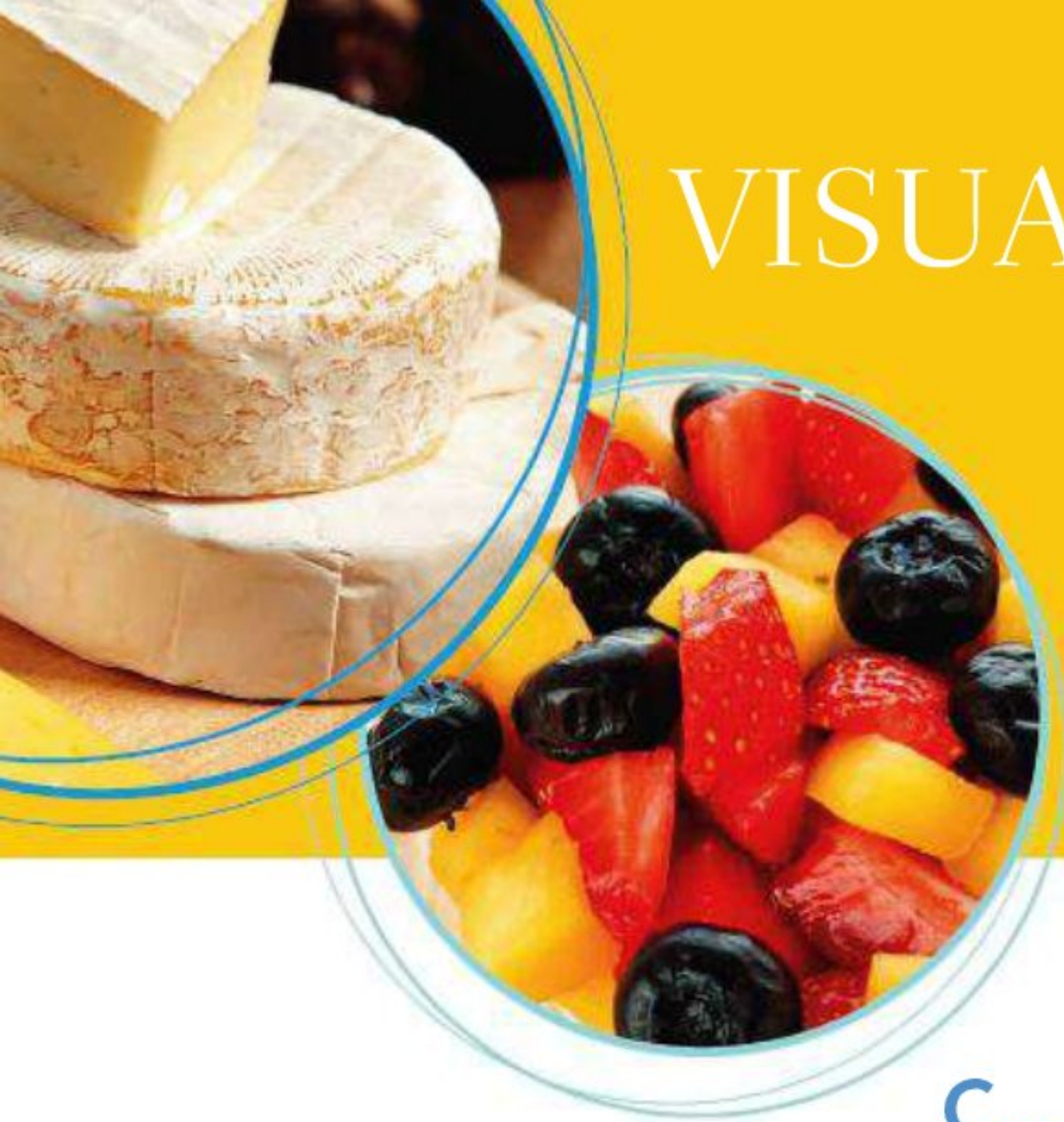
**8 Eat protein.** Protein foods provide important nutrients for good health. Include one serve of lean meats and poultry, seafood, eggs, soy products or legumes daily.

**9 Avoid saturated fat.** Foods that are high in saturated fat clog arteries and make your cells more resistant to insulin. Saturated fat is found in animal foods such as fatty meat, chicken skin, butter, cream, pastries, full-fat milk, yogurt and cheese, as well as palm oil and coconut products.

**10 Favour good fats.** Unsaturated fats are actually good for you in small amounts. Eat a variety of poly- and monounsaturated fats in moderation. Try polyunsaturated and monounsaturated oils and margarines, avocados, olive and canola oils, and oily fish such as herring, sardines, salmon and tuna. Also seeds, nuts, nut spreads and peanut oil.

**11 Fill half the plate with non-starchy vegetables** – you'll eat less carbohydrate and less fat, and fewer kilojoules.

# VISUAL GUIDE TO portion SIZES



## fruit

1 serving is:

1 medium piece  
fruit  
(size of tennis ball)

$\frac{3}{4}$  cup fruit juice

$\frac{1}{2}$  cup chopped,  
cooked or  
canned fruit, or  
berries (size of  
large ice-cream  
scoop)

DAILY  
TARGET

2-3  
servings



## vegetables

DAILY  
TARGET

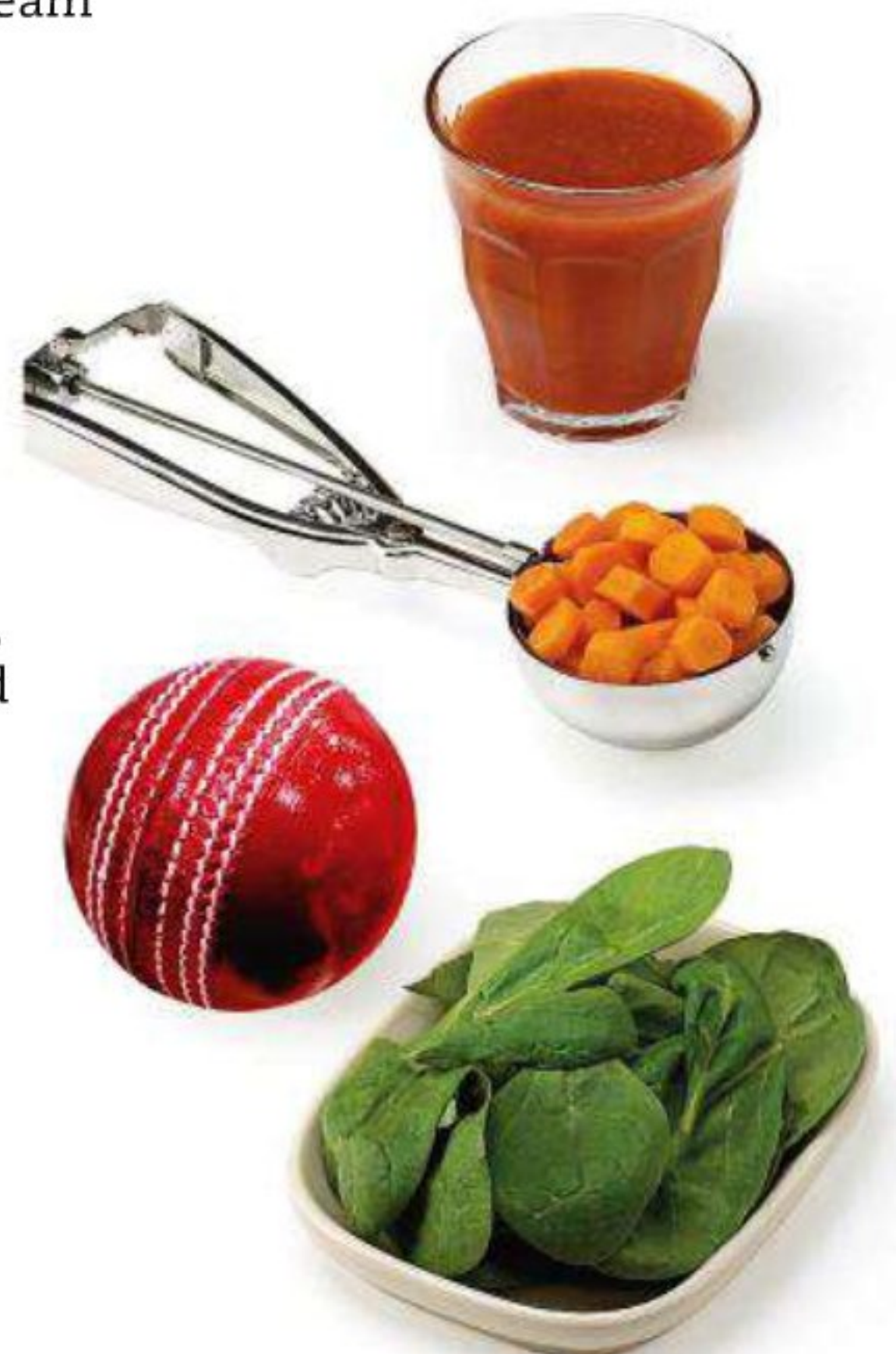
5  
servings

1 serving is:

$\frac{3}{4}$  cup vegetable juice

$\frac{1}{2}$  cup non-leafy vegetables,  
cooked, chopped, or canned  
(size of large ice-cream  
scoop)

1 cup raw leafy vegetables  
(size of cricket ball)



# grains

DAILY TARGET

3-6 servings

1 serving is:

1 slice bread

½ cup cereal, rice, burghul, barley (size of large ice-cream scoop)

½ cup pasta (2 servings equals size of cricket ball)



# dairy

DAILY TARGET

2-3 servings

1 serving is:

1 cup milk or yogurt

45 g natural cheese (size of two dominoes)

60 g processed cheese



# meat, poultry, fish & beans

DAILY TARGET

up to 3 servings

1 serving is:

85 g cooked lean meat, poultry or fish (size of deck of cards)

½ cup cooked dry beans (size of large ice-cream scoop)





# move to manage diabetes

Your prescription is simple: get off the couch.

\* **exercise** Thanks to desk jobs and TV, many of us sit or lie down for as many as 22 hours a day! Your job is to move your body much more often. You'll start slowly, and it won't feel like punishment – it will feel terrific!

\* **medicine** For people with diabetes, exercise acts like medicine. Exercise boosts your cells' sensitivity to insulin, which allows them to soak up more glucose, lowering your blood glucose level. That makes it one of the best things you can do to manage diabetes. It could even help you get off insulin or diabetes medication, or at least lower your dose.

\* **walking** Walking will be your main form of exercise. Your goal: to walk for 40–60 minutes, five to seven times a week. Also, sneak in other exercise by taking the stairs or playing ball with the kids. When you walk, you'll trim the fat around your abdomen – the dangerous fat linked with diabetes and heart disease. You'll crank up your metabolism, so your body burns more kilojoules even when you're sitting still. You'll also lower your body's levels of stress hormones, which raise blood glucose.

\* **strength** To help you lose weight and boost your metabolism, add resistance, or strength, training to your exercise arsenal, which will tone your muscles, blast belly fat and burn kilojoules and speed up your metabolism. That means that once you get in shape, your body will eat up more kilojoules even when you're sleeping or standing still.

# what you need to do

Aim for 40–60 minutes of movement a day. Here are your assignments:

**> Walk five to seven times a week.**

Follow the walking plan outlined on page 15 religiously. If it's raining, walk in the shopping centre. If your work schedule gets in the way, walk before work. The only way to turn an activity into a habit is to do it regularly. You'll start with easy 15-minute walks and work your way up to 40-minute walks at the end of 10 weeks. Then, if you like, add five minutes a week until you're walking for 60 minutes. Check your walking shoes regularly to make sure they have enough cushion left.

**> Sneak more movement into every day.**

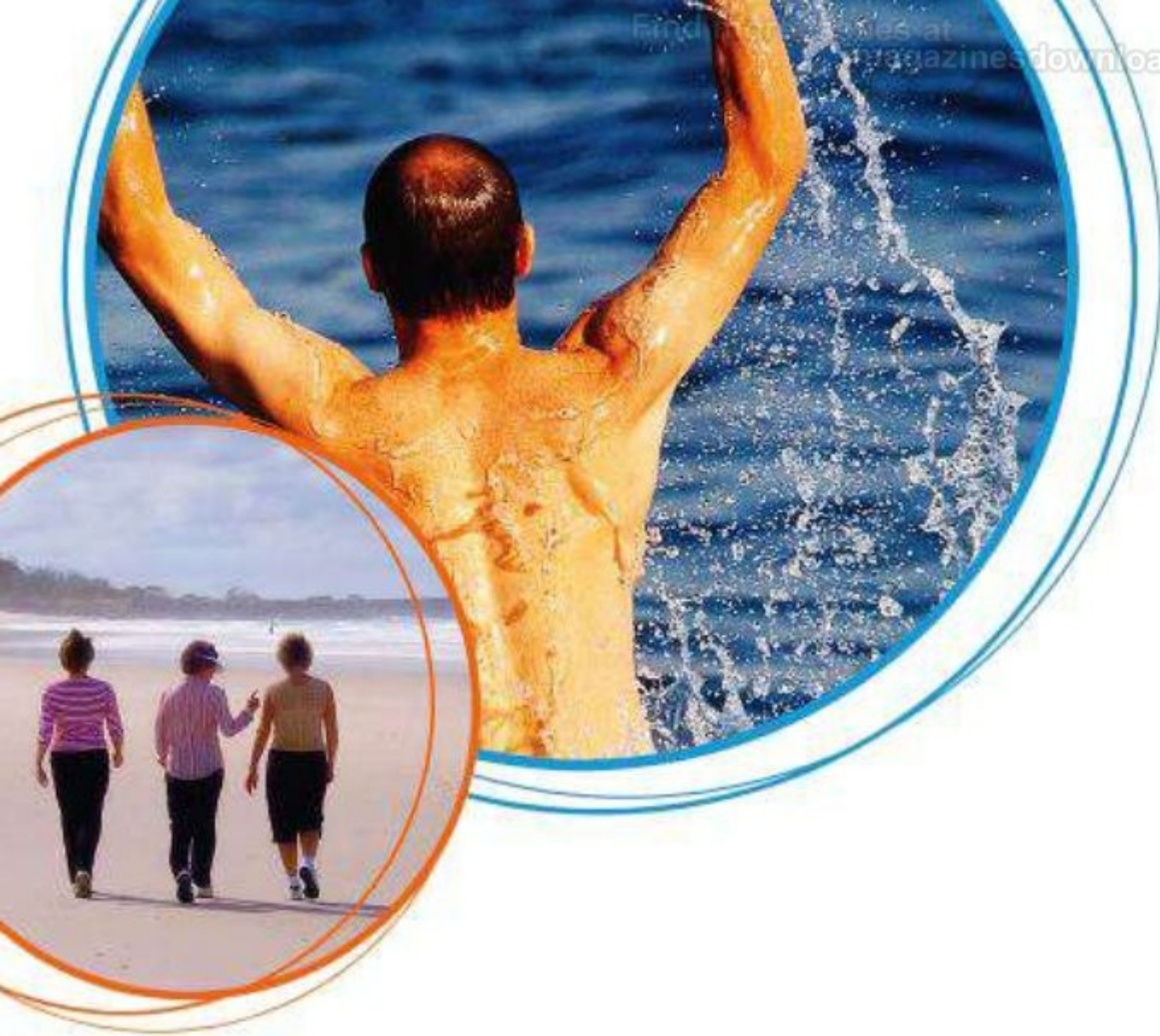
Exercise doesn't have to happen just while you're 'exercising'. Working up a sweat while gardening, kicking a ball, playing tennis all count. Need extra motivation? Go to a sporting-goods shop and buy a pedometer. Keep it on all day, and aim to reach 70,000 steps a week (10,000 steps per day) by the end of 20 weeks.

**> Spend 10 minutes a day strengthening or stretching.**

Strength exercises, also called resistance training, along with stretching different muscle groups, are important tools in your diabetes management armoury. You should aim to do 10 minutes of strength training or stretching every day – but discuss with your doctor what sorts of strength exercises, such as arm circles, leg lunges and wall push-ups, are most suited to your situation.

**> Burn kilojoules at every opportunity.**

Take the stairs instead of the lift, park in the car space furthest away from where you are going, return the shopping trolley all the way to the supermarket ... every little bit of effort counts.



# be

## Get out and find your stride again!

Why? Physical activity increases your cells' sensitivity to insulin, which allows them to soak up more glucose, lowering your blood glucose level. If you have Type 2 diabetes, it could even help you get off insulin or diabetes medication, or at least lower your dose. Tell your doctor about your planned activity program to check it's okay for you.

Starting today, we want you to lace up a good pair of walking shoes and walk three times a week, building up to seven times a week. Start slowly and gradually pick up the pace and add to the length of your walks, so by Week 10 you'll be working your heart and muscles enough to make a difference. Keeping a record of your walking will help you to persevere.

To stay motivated, walk with an equally motivated friend. You can also buy a pedometer and log your steps. Aim for a total of 70,000 steps a week.

If you take insulin or certain diabetes tablets, test your blood glucose level first and if below 6 mmol/L, you may need an extra carbohydrate snack before starting out, to avoid hypoglycaemia.

Time your workout so that you're not exercising when the insulin or medication activity peaks. For the same reason, try to exercise after a meal or a snack and always carry a snack of easily absorbed carbohydrate with you (a sugary drink, jelly beans or glucose tablets).

If you start to feel shaky or light-headed during your walk, stop walking and have your snack, and then resume walking once you feel better. It is important to stay well hydrated when out walking, so carry a water bottle with you and sip it regularly.



# active

## 10-week walking routine

per week

week 1	<b>15</b> minutes	Walk at whatever pace feels comfortable. Getting out the door is the goal	<b>3–5</b> times
week 2	<b>20</b> minutes	Still comfortable	<b>3–5</b> times
week 3		Start cranking up the intensity a bit	<b>5</b> times
week 4	<b>25</b> minutes	You should be breathing harder but still able to hold a conversation	<b>5</b> times
week 5		Breathing harder	
week 6	<b>30</b> minutes	Breathing harder	<b>5–6</b> times
week 7		Breathing harder	
week 8	<b>35</b> minutes	Breathing harder	<b>6</b> times
week 9		Breathing harder	
week 10	<b>40</b> minutes	Seek hills or walk on sand to make your workout more challenging	<b>6–7</b> times



# 13 golden rules to move to manage diabetes

If you want to manage your diabetes more effectively – and even slow the progress of the disease – you need to exercise every day. The goal is to build up to 40–60 minutes of walking every day, and use other opportunities to sneak more movement into your day. As you work towards these goals, follow the 13 golden rules.

## 1 Check with your doctor.

Always talk to your healthcare professional first before beginning any physical activity program.

## 2 Just move.

You don't have to jog or hit the gym. A good bout of house-cleaning, working in the garden, walking the dog all count.

## 3 Break it up.

On days when you can't fit in a long walk, get your physical activity in small bursts. Walk around the block once. Pull weeds for five minutes. By the end of the day, you'll have amassed 30 minutes or more.

## 4 Wear a pedometer.

Tracking every step you take throughout the day is a great motivator. Aim for an extra 500 steps a day until you reach the goal of 10,000.

## 5 Integrate movement into your life.

That means doing things like taking the stairs instead of the lift, parking at the far end of the car park and walking to the shops or office building, or using a push mower instead of a power mower.

## 6 Track your progress.

Recording your physical activity will help you to persevere. Write down every activity that increases your heart rate – even the small things count.



## 7 Mix it up.

Incorporate into your life a variety of activities designed to improve your heart rate (aerobic activities like walking), flexibility (stretching exercises or a yoga class) and muscle strength (weightlifting or Pilates).

## 8 Enlist a mate.

If someone is waiting for you at the corner, you wouldn't want to disappoint them by not showing up. Exercising with a friend is also smart for safety reasons.

## 9 Be kind to your feet.

Make sure you invest in a good pair of socks and walking shoes. Always check your feet for sores or injuries after exercising.



## 10 Exercise safely.

If you take insulin or diabetes medication, time your workout so that you're not exercising when the insulin or medication activity peaks, to avoid hypoglycaemia.

Don't exercise if your blood glucose is below 6 mmol/L. If you feel shaky or light-headed during your walk, stop and have a small high-carb snack (carry one with you) such as six or seven small jellybeans. Don't forget reflective clothing if you're walking at night.



## 11 Drink water before and after exercise.

It's important to stay well hydrated; by the time you're thirsty, you're already on your way to dehydration. Don't rely on sports drinks, which contain unnecessary kilojoules. Water is best.

## 12 Keep exercise equipment handy.

That means keeping a pair of walking shoes and a change of clothes in your car and office. Now you never have an excuse not to take a quick walk.

## 13 Use your TV time.

Pedal on a stationary bike during your favourite program or try short bursts of other exercises such as leg lifts or arm circles during the ads.



# 10

## ways to make exercise fun

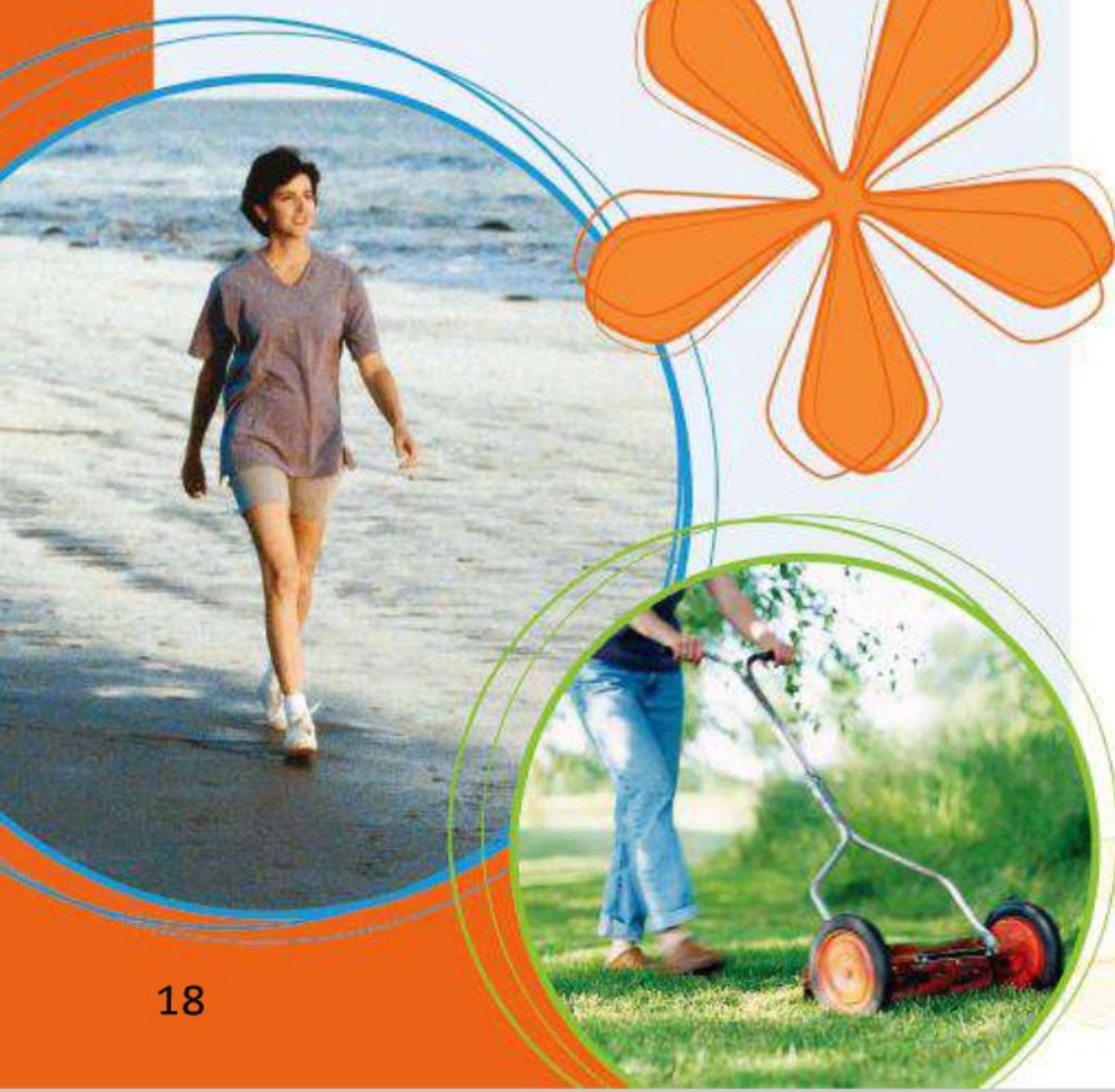
If the thought of exercise is off-putting, we've got good news: exercise can be fun. The first step: stop thinking of exercise as an aerobics class or a five-kilometre run. Instead, consider something as simple as a walk as exercise. Then focus on ways to make it enjoyable. Here are 10 to get you started.

### 1 Be creative.

Any activity that gets you moving is good, but choose something you enjoy to keep you motivated. While walking is good, easy and cheap, be creative and try something different such as ballroom dancing, aquarobics or tai chi.

### 2 Work out with a friend.

Turn your exercise session into time to catch up with a friend. Get competitive – see who can log more steps on their pedometer, or whose resting heart rate is lower – and in better shape. (Your resting heart rate is your pulse when you're at rest. Take it for 60 seconds.)





### **3** Walk for entertainment.

Instead of walking around your neighbourhood, walk through the zoo, an art gallery, museum or a large shopping centre. First circle the perimeter of your location at your usual brisk pace. Then wander through again more slowly to take in the sights.

### **4** Buy yourself new workout clothes.

If you're less than thrilled with your appearance in your old gear, go out and splurge on a new T-shirt and, most importantly, a new pair of well-fitting walking shoes.

### **5** See exercise as a social opportunity.

Use your desire to get more physical activity as your motivation to sign up for a dance class, biking club or Pilates lesson – something you've always wanted to try, or something you never thought you'd do. Making new friends is an added bonus – and they'll serve as motivation to show up.

### **6** Make it a family event.

Set up a badminton net or cricket pitch in your backyard and get a game going with your family (and neighbours if you need more players).

### **7** Train for an event.

Check your local council, sporting goods shops or newspapers for calendars or flyers on walks or runs programmed for your area.

### **8** Cultivate a green thumb.


Digging, planting and weeding are all great exercise. Yet because you're 'gardening', you don't think of it as exercise. Gardening does double duty as a stress-buster.

### **9** Join a sports team.

Most communities have soccer, cricket, baseball, softball, even basketball teams for older athletes. Try coaching a kids' team or even refereeing. It will keep you on your feet.

### **10** Promise yourself a reward.

After that resistance training or stretching session, say, you get to watch your favourite movie for the tenth time, take a hot bubble bath or put your feet up and read your current novel.



# choose to manage diabetes

Any time you take on a challenge, your attitude counts. We want you to pay attention to what you put in your body and how much you move it. But success is in your head, too. People who believe they can succeed usually do. And managing your diabetes is one of the most important goals in your life.

**\* less tv** Choosing to manage diabetes means choosing to watch less TV. (Use that time for walks instead, or to cook dinner instead of ordering takeaways.) It means choosing to get enough sleep every night. (Lack of sleep may contribute to insulin resistance, and affects your motivation to eat better and exercise more.) It means devoting some time every day to relaxation. It means keeping a positive attitude.

**\* positive attitude** Keeping a positive attitude is especially important. So don't let small setbacks get you down. If you miss your walk, eat a little less at dinner. If a box of pizza gets the better of you, walk it off the next day. When stress starts to eat away at your resolve, practise deep breathing for five minutes. And don't forget to spend time every week doing something you really love – it's the best way to feel good about yourself and about life in general. Remember, a setback does not mean you've failed.

## \* carbohydrates and glycaemic index (GI)

To manage your blood glucose levels optimally, it's vital that you eat the right kinds of carbohydrate foods in the right amounts. Sources of carbohydrate include breads and breakfast cereals; rice, pasta and noodles; fruit; starchy vegetables; legumes such as beans, lentils and chickpeas; milk, yogurt and ice cream; sugars, honey and confectionery; and starchy snack foods such as potato and corn chips.

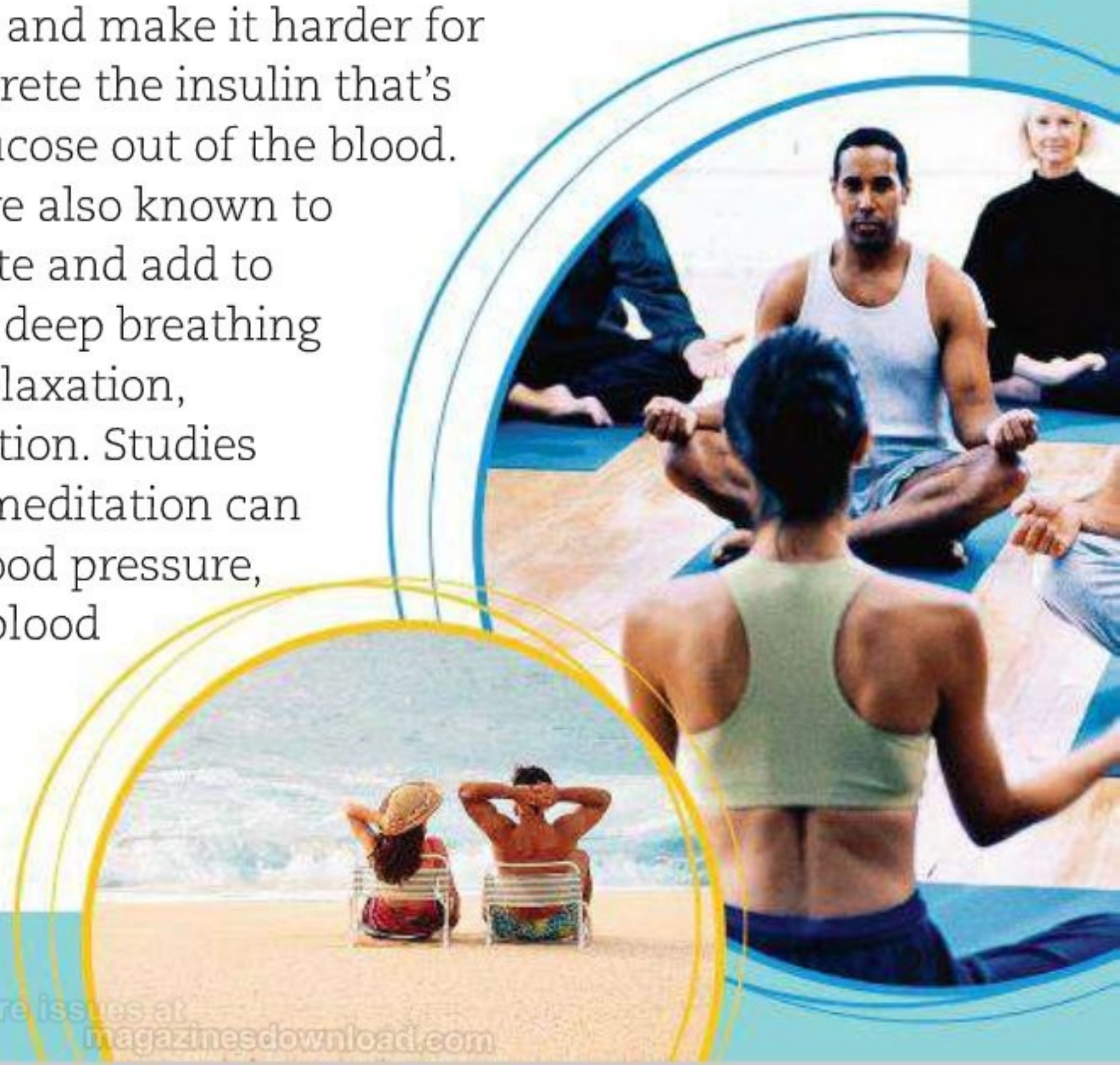
Surprisingly, most of us don't eat too much carbohydrate, but too often we eat the wrong kind. This is where the glycaemic index or GI comes in. The GI is a dietary tool that helps us differentiate between the carbohydrate foods we eat and how our bodies use them. Carbohydrates with a low GI (55 or less) don't make our blood glucose levels rise very high for very long – they provide sustained energy. Carbohydrates with a high GI (70 or more) cause our blood glucose levels to go higher for longer. High blood glucose may cause damage to vital organs, leading to the common complications of diabetes.

The average adult needs to eat about 45–60 grams of carbohydrate at each main meal, and no more than 35 grams for a single snack. Wherever possible, choose the lower-GI option for optimal health.

## \* less stress

Controlling your stress levels is important.

Stress triggers the release of stress hormones that raise blood glucose and make it harder for the pancreas to secrete the insulin that's needed to move glucose out of the blood. Stress hormones are also known to increase the appetite and add to abdominal fat. Use deep breathing as a fast route to relaxation, followed by meditation. Studies show that regular meditation can even lower your blood pressure, and possibly your blood glucose, too.





# what you need to do

Embrace every day as a chance to improve your health and life. Choose to manage diabetes! Your assignments:

## > Get enough sleep.

Most people need eight hours, although some people need a little more or a little less. If you're not waking up refreshed, move your bedtime earlier by 15 minutes. Keep moving it earlier by 15 minutes until you're waking up feeling energised. Then stick to your new schedule so you'll fall asleep more easily at night.

## > Watch less TV.

Stick to two hours a day or less. Despite what you might think, watching TV isn't really relaxing. And it encourages you to munch on snacks you probably don't need. Cutting back on TV time will give you more time to sleep, exercise and play outside.

## > Breathe to relax.

Every day for five minutes, practise deep breathing. It's remarkably effective at turning off stress. The trick is to make your lungs expand as much as possible, filling them from the bottom up. To do that, you'll need to use your belly when you breathe. Take a deep breath through your nose and make sure your stomach expands. Continue to inhale until your upper lungs are full of air. Exhale slowly, then repeat.

## > Maintain a positive attitude.

People who expect to succeed often do. The reverse is also true. When a negative thought starts to get you down, write it on a piece of paper, then turn it into a more positive thought and write that one down, too. Remind yourself that no one's perfect, and that whenever you're pursuing an ambitious goal, occasional setbacks are par for the course. They are not failures. Learn from these setbacks and put in place a way to manage a similar situation when it occurs again.



### > Focus on fish.

Eating fish protects the heart in several different ways, for instance, by improving cholesterol ratios, slowing blood clotting and keeping arteries supple. It also helps guard against nerve damage – a problem people with diabetes are prone to. Eat fish at least two to three times a week, especially the oily varieties such as salmon, pilchards, sardines, gemfish, mullet, redfish, herring and tuna. These fish are rich in omega-3 fatty acids, which help reduce the risk of heart disease. If fresh fish is not available, use canned fish instead. Because fish oil can slow blood clotting, talk to your doctor, especially if you're on a blood-thinning drug such as Warfarin.

### > Take deep breathing a step further.

There are many different ways to meditate. Here's a simple one. Try to practise it every day for 10–20 minutes; the more adept you become, the more benefits you'll reap.

- \* Start with deep breathing. Take deep breaths through your nose, filling your lungs from the bottom up. Make sure your belly expands when you breathe.
- \* Now close your eyes and repeat a word or phrase to yourself over and over. It can be a meaningless word, like banana, or a soothing word like peace.
- \* Focus intently on your word or phrase and your breathing, and let other thoughts fall away. If new thoughts enter your mind, redirect your attention to your word and your breathing.

### > Exercise.

Try to be active every day, in as many ways as you can, and do at least 30 minutes of moderate-intensity activity such as brisk walking on most, preferably all, days of the week. It doesn't all have to be done at once – taking three 10-minute sessions still equals 30 minutes for the day.



# 11 ways to boost your metabolism

Cutting kilojoules isn't the only way to shed weight. Burning more kilojoules is the second half of the equation. In fact, the best way to lose weight is a combination of both. Here are 11 tricks to boost your metabolism and burn more kilojoules.



**1 Sip green tea.** Green tea contains plant chemicals that boost metabolism. In the summer, make up a jug of green tea and keep it in the fridge.

**2 Exercise outside.** Maybe it's the fresh air or the sunshine, but something about exercising in the open makes you walk or run faster than doing the same exercise in the gym.

**3 Fidget.** People who drum their fingers or bounce their knees burn an extra 2000 kilojoules a day – or more! That adds up to losing half a kilo a week.

**4 Eat when you're hungry.** It sounds counterintuitive when you're trying to lose weight, but starving yourself only slows your metabolism as your body tries to hang on to every kilojoule. Just make sure you keep meals and snacks small and healthy if you're eating more often.





**5 Drink six cups (1.5 litres) of iced water a day.**

That's how much it took to boost the metabolism by a third in 14 men and women during one German study. Your body has to burn kilojoules just to warm the water.

**6 Swing your arms when you walk.** You'll burn 5–10 per cent more kilojoules.

**7 Vary your workout's intensity.** Every five minutes into your walk, jog for one minute. Every five minutes into your bike ride, shift into a higher gear and pedal hard for a minute. If you swim, turn on the speed every other lap. You'll burn more kilojoules in the same amount of time.

**8 Season your food with hot peppers.**

Some studies show that very spicy foods can temporarily increase your metabolism. So spice up your scrambled eggs with minced jalapeño, or add a little fire to your beef stew with a diced chilli.

**9 Include strength training.** All exercise boosts our metabolism, but especially strength or resistance training. Resistance training three times a week can raise your resting metabolism by 300–660 kilojoules a day, which is the equivalent of a 20–40-minute workout.

**10 Walk on a grass, sand or gravel track.**

It takes more muscle power to glide smoothly over these uneven surfaces (especially sand) than over asphalt.

**11 Stay active.**

People who diet but don't exercise often lose muscle along with fat, which in turn slows their metabolism. Even when you've reached your target weight, continue exercising to keep your metabolism high and keep the weight off.





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## Living well with diabetes

Over the past two to three decades, there has been a revolution in thinking about diabetes. Gone are the days of limited food choices. In recent years, health-care professionals and scientists have learned that most people with diabetes don't need to be so restricted. Rather, the goal is to eat a diversity of nutrients in proper portion sizes, including three meals per day, each with an even distribution of carbohydrate. Food containing sugar is fine if eaten in small portions and properly balanced with other nutrients. The recipes inside represent this new thinking: they are nutritious, diverse and created to help to keep blood glucose levels stable.

Eating well for diabetes is becoming increasingly similar to eating well for almost any health goal or concern. The recipes inside are great for heart health, cancer prevention, hypertension control and everyday wellbeing. They are rich in nutrients – particularly phytochemicals, the ingredients in fresh produce that have many specific health benefits – and contain the healthy fats that doctors and nutritionists are recommending.

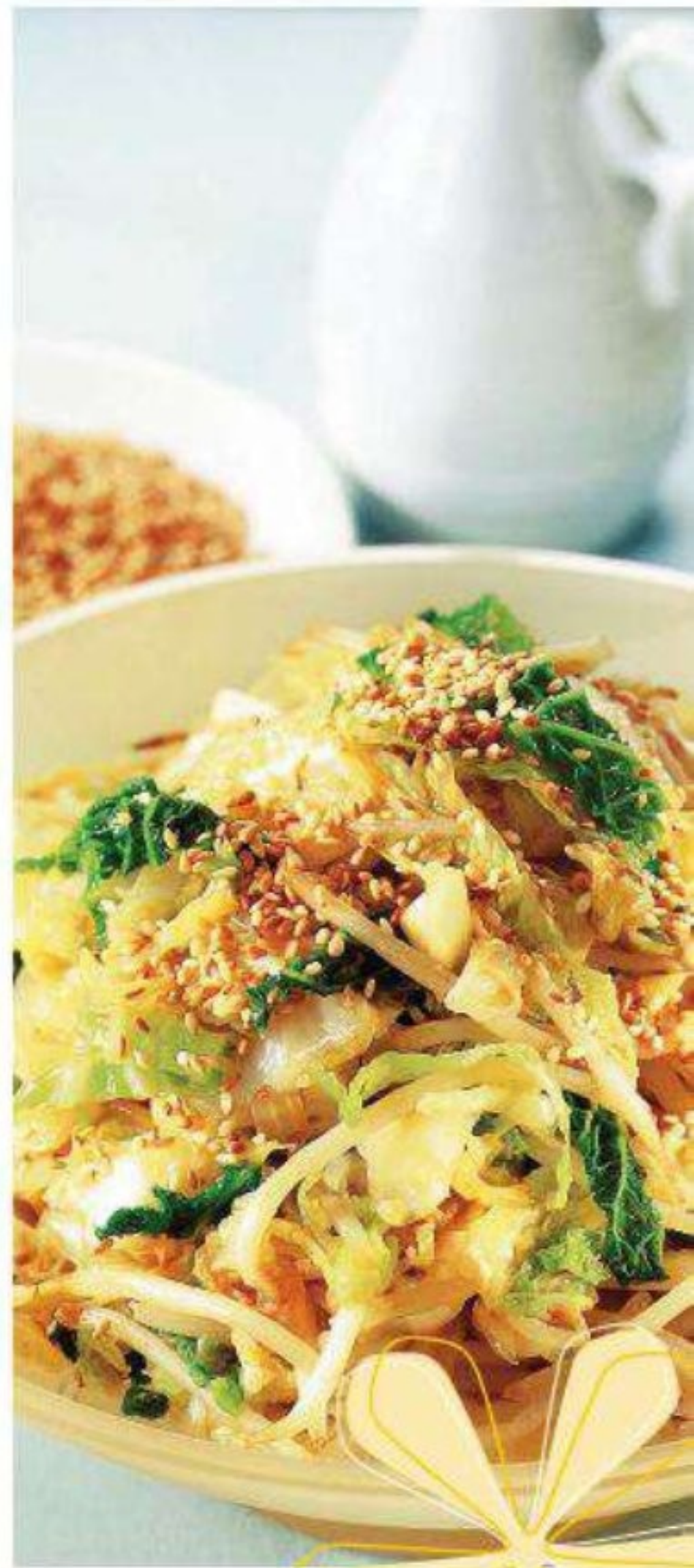
### The glycaemic index

The glycaemic index (GI) is a ranking of carbohydrate foods according to their effect on blood glucose levels. The theory is that the faster a food is broken down during digestion, the quicker the rise in blood glucose levels. Foods that have been tested on people and found to have a high GI cause a fast rise in blood glucose levels in those people. However, the GI of a food will vary between individuals – monitoring your blood glucose level will determine the effect a particular food has on you.

It is true that the type of carbohydrate you eat will have an impact on your blood glucose level. However, the amount of carbohydrate you eat has a much greater impact than the type.

The glycaemic index may need to be considered in an eating plan for people with diabetes, but it is important to remember that foods with a low glycaemic index still need to be limited. If the total amount of carbohydrate is too large, high blood glucose levels will result, irrespective of the glycaemic index.

Foods with a high GI are not bad foods. The key to healthy eating is to get the right mix of foods, which will not only ensure better control of your blood glucose levels, but will also help you to obtain the wide variety of nutrients needed for general good health. Think about the balance of your meals, which should include carbohydrate foods and be low in fat, salt and sugar. The good news is that you can lower the overall GI of a meal by including more low-GI foods. Combining foods with different GIs alters the overall GI of a meal, so you should try to incorporate a low-GI food into each meal you eat.



Use the table below as a rough guide to the GI of popular foods. Note that formulations of processed foods can vary and this will affect the GI.

**LOW-GI FOODS**

- Muesli, porridge
- Multigrain bread
- Rye bread
- Fruit loaf
- Pasta (made from durum wheat)
- Lentils and beans, including baked beans
- Sweet potato, corn
- Oranges, apples, pears, peaches
- Yogurt

**MEDIUM-GI FOODS**

- Weet-Bix
- Shredded wheat
- Pita bread
- Rich tea biscuits
- Digestive biscuits
- Basmati rice
- Couscous
- New potatoes, boiled
- Ice-cream
- Honey
- Jam

**HIGH-GI FOODS**

- Corn Flakes, puffed wheat, Rice Bubbles, sugar-rich breakfast cereals
- Bagels
- White/wholemeal bread
- French fries
- Mashed or baked potato
- Rice, white or brown
- Glucose drinks
- Sports drinks





### Preparation time

15 minutes

Serves 6

500 g strawberries (about 2 punnets), hulled and halved

1¼ cups (160 g) raspberries

½ cup (100 g) blackberries

⅔ cup (100 g) blueberries

½ cup (60 g) redcurrants, removed from their stalks

½ cup (60 g) blackcurrants, removed from their stalks

2 passionfruit

1 tbsp caster sugar

juice of ½ lemon or lime



### HEALTH POINTS

✓ All berries are high in vitamin C, which, as an anti-oxidant, is good for maintaining the immune system and preventing the processes that can lead to heart disease and cancer.

## Berry salad with passionfruit

**1** Mix the strawberries, raspberries, blackberries, blueberries, redcurrants and blackcurrants together in a bowl.

**2** Cut the passionfruit in half. Holding a sieve over the bowl of berries, spoon the passionfruit flesh and seeds into the sieve. Rub the flesh and seeds briskly to press all the juice through the sieve onto the berries. Reserve a few of the passionfruit seeds left in the sieve and discard the rest.

**3** Add the sugar and lemon or lime juice to the berries. Gently toss together. Sprinkle the reserved passionfruit seeds over the top. Serve immediately.



### EACH SERVING PROVIDES:

**Key nutrients** 272 kJ, 3 g protein, 0.5 g fat (0 g saturated fat), 12 g carbohydrate (11 g sugars), 6 g fibre, 7 mg sodium. GI estimate low.



## Cheese and onion rarebit with salad

**1** Preheat the grill to high. Put the milk, mustard powder and cheese in a small heavy-based saucepan and stir over a low heat until the cheese has melted and the mixture is smooth. Remove from the heat and stir in the breadcrumbs. Cool for 3–4 minutes, stirring occasionally, until thickened to a spreading consistency.

**2** Meanwhile, arrange the slices of bread on the grill tray and toast on both sides under the grill.

**3** While the bread is toasting, make the salad. Put the oil, red wine vinegar and poppy seeds in a salad bowl and season to taste with salt and pepper. Whisk to mix. Add the spinach, apples and celery, but do not toss the salad.

**4** Top the toast with the slices of red onion, then spoon the cheese mixture over the top, spreading it out to cover the toast completely. Return to the grill and cook for 2–3 minutes or until the cheese mixture is golden brown and bubbling. Toss the salad and serve with the rarebits.

### EACH SERVING PROVIDES:

**Key nutrients** 1297 kJ, 13 g protein, 13 g fat (4 g saturated fat), 36 g carbohydrate (14 g sugars), 6 g fibre, 644 mg sodium. GI estimate low.

### Preparation time

15 minutes

**Cooking time** 10 minutes

**Serves** 4

100 ml low-fat milk

$\frac{1}{2}$  tsp mustard powder

1 cup (120 g) firmly packed grated reduced-fat tasty cheese

$\frac{1}{2}$  cup (30 g) fresh whole-meal breadcrumbs

4 thick slices multigrain bread

1 small red onion, very thinly sliced

### For the salad

1 tbsp walnut or hazelnut oil

2 tsp red wine vinegar

2 tsp poppy seeds

salt and pepper

200 g baby spinach leaves

2 red apples, quartered, cored and sliced

2 celery stalks, sliced





**Preparation time**

15 minutes, plus 2 hours rising

**Cooking time** 50 minutes, plus 1 hour cooling

**Makes** 16 slices

1½ cups (185 g) rye flour

1 cup (140 g) plain flour

1 cup (140 g) wholemeal flour

1 sachet (7 g) dried yeast

1 ½ tbsp soft brown sugar

1 tbsp grated orange zest

1 tbsp anise seed

1 tsp salt

¾ cup (185 ml) low-fat milk

¼ cup (60 ml) golden syrup

1 tbsp extra-light olive oil

½ cup (125 ml) freshly squeezed orange juice

## Swedish orange bread

**1** Combine 1 cup (125 g) of the rye flour, the plain flour, wholemeal flour, yeast, sugar, orange zest, anise seed and salt in a large bowl. Make a well in the centre.

**2** Combine the milk, golden syrup and oil in a small saucepan. Heat over a low heat until very hot (48–54°C). Add the hot milk mixture and then the orange juice to the well in the dry ingredients and stir until thoroughly combined. Transfer the dough to a lightly floured work surface and knead in the remaining rye flour. Knead until the dough is smooth and elastic – this will take about 7 minutes.

**3** Spray a large bowl with cooking spray. Place the dough in the bowl, turning it to coat. Cover and let rise in a warm spot until doubled, about 1½ hours.

**4** Punch the dough down and shape into a high round ball. Spray a large baking tray with cooking spray. Place the ball on the baking tray, cover loosely with a damp tea towel and let rise until doubled, about 30 minutes. Preheat the oven to 180°C.

**5** Bake the bread until it is golden brown and the bottom of the loaf sounds hollow when tapped, about 45 minutes. Remove from the baking tray and cool on a wire rack for 1 hour before slicing.

### HEALTH POINTS

✓ Rye flour provides magnesium, riboflavin and folate to help your heart. A diet high in rye fibre may reduce the risk of heart disease by lowering cholesterol levels.



### EACH SERVING PROVIDES:

**Key nutrients** 591 kJ, 4 g protein, 2 g fat (0.3 g saturated fat), 28 g carbohydrate (7 g sugars), 3 g fibre, 168 mg sodium. GI estimate medium.



# Goat's cheese toasts

## Preparation time

15 minutes

Cooking time 10 minutes

Makes 16

1 French bread stick, cut into 2.5 cm slices

$\frac{1}{3}$  cup (80 ml) tomato purée (passata)

2 tbsp sun-dried tomato paste

4 roma tomatoes

140 g goat's cheese

1  $\frac{1}{2}$  tbsp extra virgin olive oil

2 tbsp pine nuts

few sprigs of fresh thyme or oregano

**1** Preheat the grill to moderate. Place the bread slices on the grill tray and lightly toast on both sides.

**2** Mix together the tomato purée and tomato paste and spread a little of the mixture over each toast, covering the surface completely.

**3** Slice the tomatoes lengthways, discarding a slim slice from the curved edges, to give 4 flat slices from each tomato. Lay a slice of tomato on top of each toast.

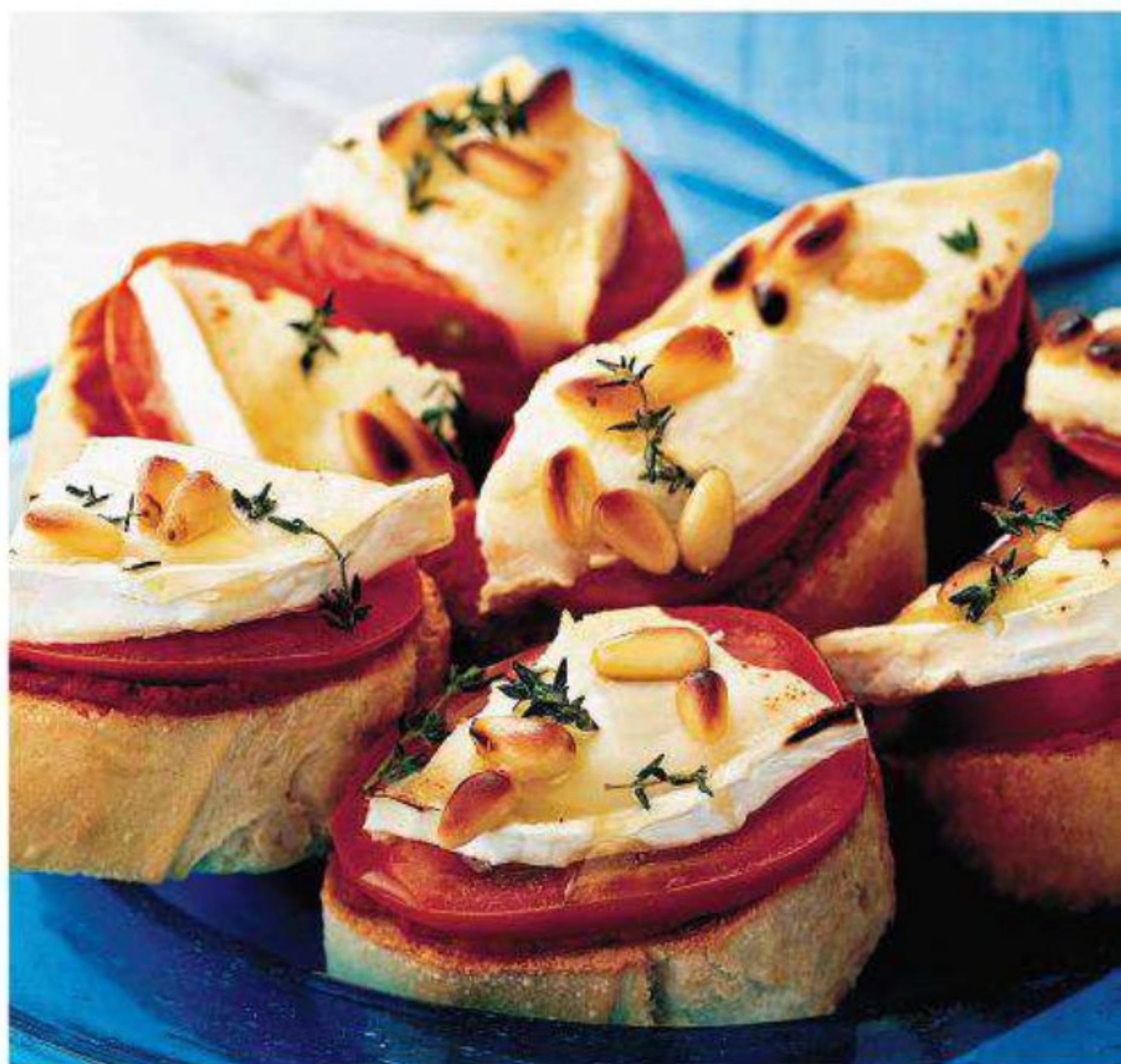
**4** Place 1 small slice firm goat's cheese or about 1 tsp soft goat's cheese on top of each tomato slice, then drizzle with a little of the olive oil. Scatter a few pine nuts and herb sprigs over the top.

**5** Grill for 4–5 minutes or until the cheese is beginning to melt and the pine nuts are golden. Serve the toasts hot.



## HEALTH POINTS

✓ Goat's cheese is a good source of protein and calcium, as well as B vitamins (B<sub>1</sub>, B<sub>6</sub>, B<sub>12</sub> and niacin) and phosphorus.



## EACH SERVING PROVIDES:

**Key nutrients** 436 kJ, 3 g protein, 5 g fat (1 g saturated fat), 11 g carbohydrate (2 g sugars), 1 g fibre, 87 mg sodium. GI estimate high.



### Preparation time

15 minutes

Cooking time 20 minutes

Serves 4

- 3 garlic cloves, peeled
- 250 g green beans, halved
- 6 small potatoes, halved
- 2 tbsp balsamic or red wine vinegar
- 1 tbsp 97% fat-free mayonnaise
- 3 tsp olive oil
- salt and pepper
- ¼ cup (15 g) firmly packed fresh basil
- 2 tbsp water
- 250 g cherry tomatoes (about 1 punnet), halved
- 1 large can tuna in spring water (about 425 g), drained and flaked
- ¼ cup (40 g) black olives

## Tuna salad niçoise

**1** Cook the garlic in a large saucepan of boiling water for 3 minutes to blanch. Transfer the garlic with a slotted spoon to a food processor or blender, then set aside until needed. Add the beans to the boiling water and cook for 4 minutes or until tender but still a little firm. Remove the beans with a slotted spoon, rinse under cold water, then drain. Add the potatoes to the saucepan and cook for 12 minutes or until tender, then drain.

**2** Add the vinegar, mayonnaise, oil and a pinch of salt to the garlic in the food processor, then blend to a purée. Add the basil and water, then blend again.

**3** Transfer the garlic-mayonnaise dressing to a large bowl. Add the tomatoes, beans, potatoes and tuna, tossing to coat. Season with pepper, then top with the olives just before serving.

### EACH SERVING PROVIDES:

**Key nutrients** | 165 kJ, 27 g protein, 6 g fat (1 g saturated fat), 27 g carbohydrate (6 g sugars), 7 g fibre, 281 mg sodium. GI estimate high.

### HEALTH POINTS

✓ Remarkably lean for so tasty a fish, tuna provides good amounts of healthy omega-3 fatty acids. It is also an excellent source of B vitamins.



**Preparation time**

15 minutes

**Cooking time** 20 minutes

**Serves** 6

1 red capsicum, deseeded and halved

1 yellow capsicum, deseeded and halved

50 g chorizo sausage or salami, thinly sliced

150 g cherry tomatoes, quartered

2 tbsp tomato relish or chutney

$\frac{1}{4}$  cup (15 g) firmly packed fresh basil, roughly torn

pepper to taste

1 ciabatta loaf, about 250 g

1 tbsp extra virgin olive oil

1 garlic clove, crushed

## Chorizo and grilled capsicum bruschetta

**1** Preheat the grill to high. Place the capsicums, skin-side up, on the grill tray and grill for 8–10 minutes or until the flesh softens and the skin begins to blister and char. Transfer the capsicums to a polythene bag, seal with a tie and set aside until cool enough to handle.

**2** Cook the chorizo in a frying pan for 3–4 minutes or until the oil runs out and the sausage slices start to crisp. Drain on paper towel to remove excess fat.

**3** Place the chorizo in a bowl and add the tomatoes, relish and basil. Remove the capsicums from the bag and peel off their skins. Roughly chop the flesh and add to the bowl. Season with pepper to taste and mix well.

**4** Preheat the grill to high again. Cut the ciabatta across into thirds, then cut each piece in half horizontally. Mix the olive oil with the garlic and brush this mixture onto the cut sides of the ciabatta pieces. Place them, cut-side up, under the hot grill and toast for 2–3 minutes or until golden and crisp.

**5** Top the toasted ciabatta with the capsicum and chorizo mixture and serve immediately.

**EACH SERVING PROVIDES:**

**Key nutrients** 707 kJ, 5 g protein, 7 g fat (1 g saturated fat), 22 g carbohydrate (4 g sugars), 2 g fibre, 305 mg sodium. GI estimate high.



# Pork fillets with honey-mustard sauce

**1** Preheat the oven to 200°C. Line a small roasting tin with foil. Combine the rosemary, garlic, lemon zest and salt in a small bowl and rub evenly over the pork, then transfer the pork to the tin. Mix the lemon juice, honey and mustard together in a small bowl. Transfer half to a small saucepan and set aside.

**2** Brush the pork with 2 tbsp of the honey-mustard sauce in the bowl. Roast the pork until glazed and golden brown or until a meat thermometer reads 71°C, about 20 minutes, basting two or three times with the remaining sauce.

**3** Meanwhile, pour the milk into a small bowl and whisk in the flour until smooth. Warm the reserved honey-mustard sauce in the small saucepan over a low heat. Gradually whisk in the milk mixture and cook, whisking constantly, until the sauce thickens, about 3 minutes. Serve with the pork.

**Preparation time**

15 minutes

**Cooking time** 20 minutes

**Serves** 4

1 tbsp chopped fresh rosemary or 1 tsp dried rosemary

2 garlic cloves, crushed

1 tsp grated lemon zest

2 pork fillets (about 250 g each), trimmed of all excess fat

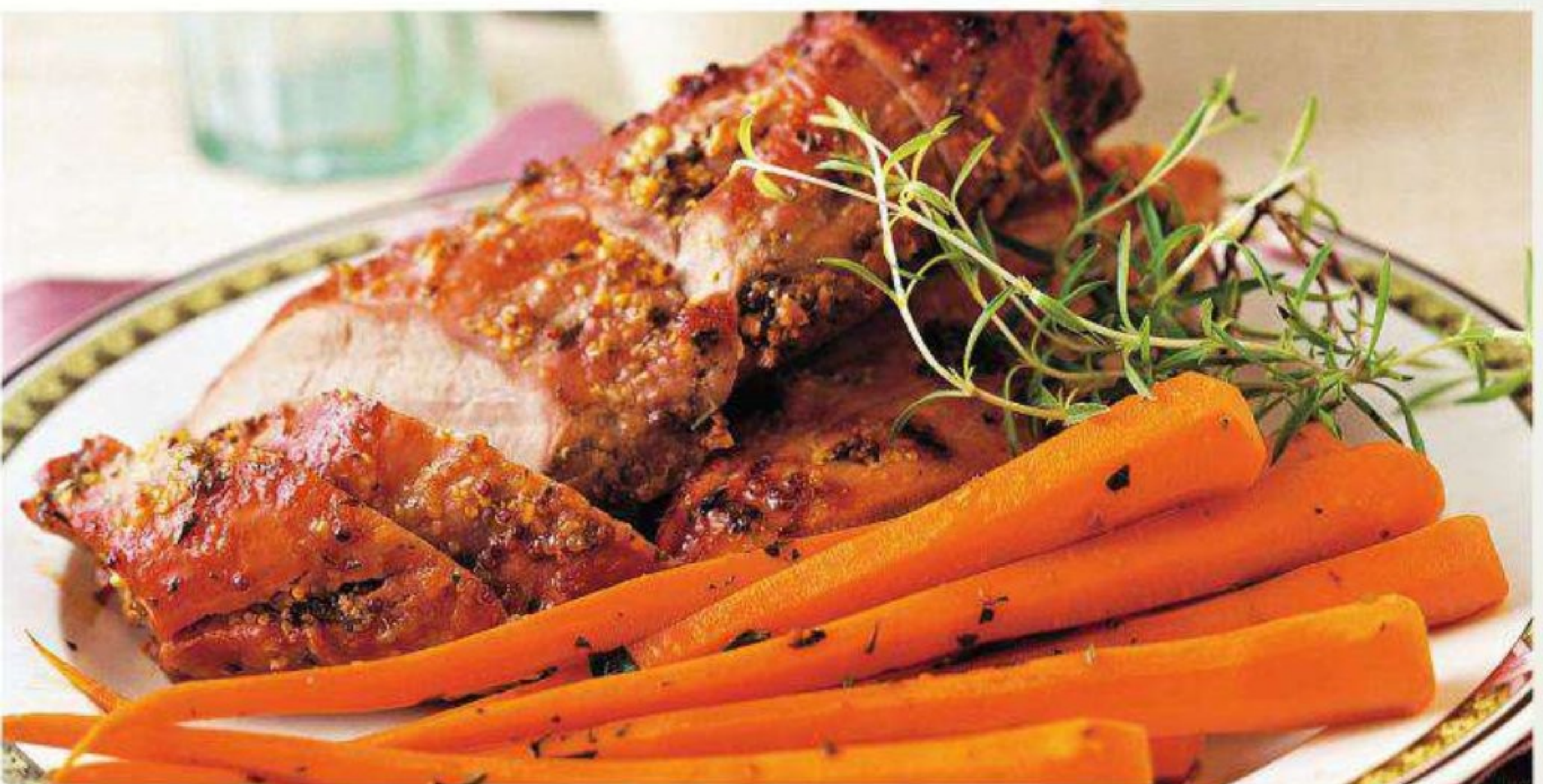
$\frac{1}{3}$  cup (80 ml) lemon juice

$\frac{1}{4}$  cup (90 g) yellow box honey

$\frac{1}{4}$  cup (60 g) Dijon mustard

$\frac{1}{2}$  cup (125 ml) low-fat milk

1 tbsp plain flour



## **EACH SERVING PROVIDES:**

**Key nutrients** 1296 kJ, 42 g protein, 5 g fat (2 g saturated fat), 24 g carbohydrate (22 g sugars), 1 g fibre, 477 mg sodium. GI estimate low.

# Spaghetti with clams

**Preparation time**

15 minutes

**Cooking time** 25 minutes

**Serves** 4

1 tbsp extra virgin olive oil  
1 small onion, chopped  
2 garlic cloves, chopped  
1 small fresh red chilli,  
deseeded and chopped  
150 g chestnut or Swiss  
brown mushrooms,  
chopped  
1 can Italian tomatoes  
(about 400 g)  
1 tbsp chopped fresh basil  
1 tbsp chopped fresh  
parsley  
½ tsp sugar  
350 g spaghetti  
1 kg clams in shells, rinsed  
⅓ cup (80 ml) red or  
white wine  
salt and pepper

**1** Heat the oil in a saucepan, add the onion, garlic and chilli and cook over a medium heat for 5 minutes. Stir in the mushrooms and cook for 2 minutes, then add the tomatoes, crushing them down with a wooden spoon. Sprinkle in the basil, parsley and sugar and stir. Cover and simmer for 10 minutes.

**2** Meanwhile, cook the spaghetti in boiling water for 10–12 minutes, or according to the packet instructions, until al dente. Drain the pasta in a colander.

## HEALTH POINTS

- ✓ Clams are a good source of phosphorus, needed for healthy bones and teeth.
- ✓ Spaghetti has a low glycaemic index.





**3** Put the empty pasta pan back on the heat, add the clams and splash in the wine. Tip the pasta back into the pan. Cover and cook for 3 minutes, shaking the pan occasionally. All the clam shells should have opened; discard any clams that remain shut.

**4** Pour the tomato sauce into the spaghetti and clam mixture and stir and toss over the heat for 1–2 minutes or until it is all bubbling. Season with salt and pepper to taste, then serve.

**EACH SERVING PROVIDES:**

**Key nutrients** 1560 kJ, 22 g protein, 6 g fat (1 g saturated fat), 56 g carbohydrate (5 g sugars), 7 g fibre, 829 mg sodium. GI estimate low.







### Preparation time

15 minutes

Cooking time 25 minutes

Serves 4

1 tbsp extra virgin olive oil  
1 large onion, chopped  
1 fennel bulb, chopped  
1 large garlic clove,  
crushed  
1 can chopped tomatoes  
(about 400 g)  
½ cup (125 ml) fish stock  
2 tsp fennel seeds  
finely grated zest and juice  
of ½ orange  
salt and pepper  
pinch of saffron threads  
1 cup (200 g) long-grain  
white rice  
400 g peeled large raw  
prawns  
fresh basil leaves to garnish



## Prawns Provençale

**1** Heat the oil in a large non-stick frying pan with a tight-fitting lid. Add the onion, fennel and garlic and cook over a medium heat, stirring occasionally, for 5 minutes or until softened but not browned. Add the tomatoes, stock, fennel seeds and orange zest and juice, then season to taste. Bring to the boil, stirring, then reduce the heat to low and half cover the pan. Simmer for 12 minutes.

**2** Meanwhile, crumble the saffron threads into a saucepan of boiling water. Add the rice and boil for 10–12 minutes, or according to the packet instructions.

**3** Bring the tomato sauce back to the boil. Place the prawns on top of the sauce, cover the pan tightly and cook over a low heat for 3–4 minutes or until the prawns are cooked through and opaque. Do not allow the mixture to boil or the prawns may toughen.

**4** Drain the rice and divide among serving bowls. Spoon in the prawns and tomato sauce. Sprinkle with basil and serve at once.

### HEALTH POINTS

- ✓ Prawns are a rich source of the antioxidant vitamin E.
- ✓ Fennel seeds are thought to aid digestion.

### EACH SERVING PROVIDES:

**Key nutrients** 1540 kJ, 26 g protein, 6 g fat (1 g saturated fat), 51 g carbohydrate (9 g sugars), 6 g fibre, 623 mg sodium. GI estimate medium.



# Sautéed chicken with red grapes

- 1** Lightly coat the chicken in flour, shaking off the excess. Heat the oil in a large non-stick frying pan over a medium heat. Add the garlic and chilli flakes and cook, stirring, for about 1 minute or until the garlic is tender.
- 2** Add the chicken to the pan and cook until golden brown, about 4 minutes on each side. Remove the pan from the heat, pour in the brandy, return the pan to the heat, then cook for about 1 minute or until the brandy has evaporated.
- 3** Add the grape juice, salt, rosemary and pepper. Bring to a simmer, cover with a lid and cook until the chicken is just done, about 3 minutes.
- 4** Add the grapes to the pan and bring to the boil. Push the chicken to one side of the pan. Mix the cornflour and water until you have a paste. Add the mixture to the pan and cook, stirring constantly, until the sauce is slightly thickened, about 1 minute. Serve the chicken with the grape sauce drizzled over the top.

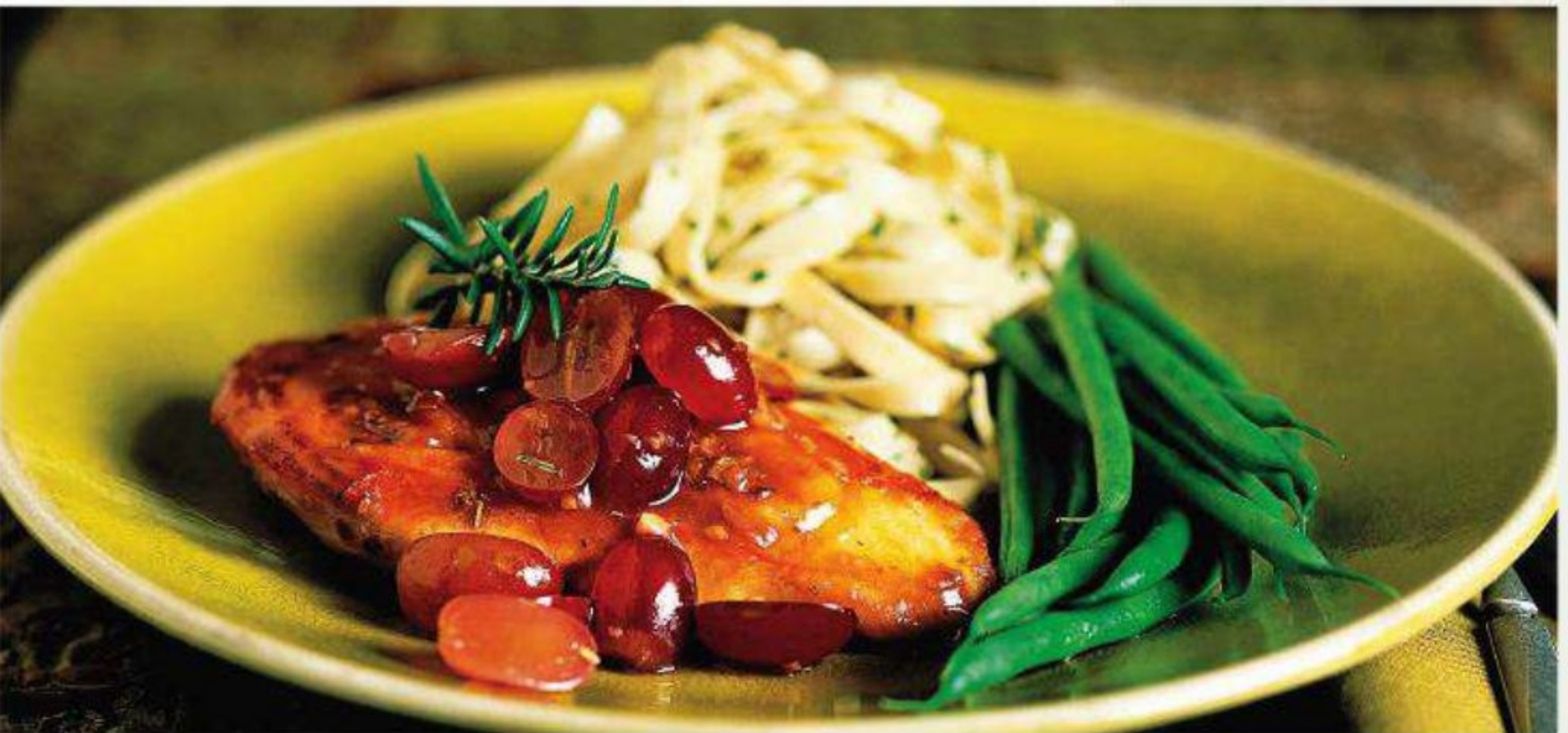
**Preparation time**

15 minutes

**Cooking time** 15 minutes

**Serves** 4

- 4 small skinless chicken breast fillets
- 2 tbsp plain flour
- 1 tbsp olive oil
- 3 garlic cloves, crushed
- $\frac{1}{4}$  tsp chilli flakes
- 2 tbsp brandy
- $\frac{2}{3}$  cup (170 ml) red grape juice
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  tsp finely chopped rosemary
- $\frac{1}{4}$  tsp pepper
- 1  $\frac{1}{4}$  cups (225 g) seedless red grapes, halved
- 1  $\frac{1}{2}$  tsp cornflour
- 1 tbsp water



**EACH SERVING PROVIDES:**

**Key nutrients** 1630 kJ, 48 g protein, 10 g fat (2 g saturated fat), 19 g carbohydrate (14 g sugars), 1 g fibre, 273 mg sodium. GI estimate medium.



# Thai beef noodle soup

## Preparation time

25 minutes, plus soaking

Cooking time 20 minutes

Serves 4

15 g dried shiitake mushrooms  
100 ml boiling water  
1 litre salt-reduced beef stock  
4 fresh Kaffir lime leaves, torn  
1 lemon grass stalk, cut into 3 pieces  
1 garlic clove, crushed  
1 fresh red chilli, deseeded and chopped  
2.5 cm piece fresh ginger, grated  
15 g sprigs of fresh coriander  
1 carrot  
1 leek  
2 celery stalks  
100 g sugar snap peas  
100 g pak choy leaves  
350 g lean rump steak, trimmed of all excess fat  
100 ml light coconut milk  
250 g dried thin Chinese egg noodles  
finely grated zest and juice of 1 lime  
1 tbsp fish sauce, or to taste

**1** Put the mushrooms and water in a small bowl and soak for 20 minutes.

**2** Meanwhile, pour the stock into a large saucepan and add the lime leaves, lemon grass, garlic, chilli and ginger. Pull the coriander leaves off the stalks and set the leaves aside. Chop the stalks and add them to the stock. Cover the pan and bring the stock just to the boil, then reduce the heat to very low. Let the stock simmer gently for 10 minutes.

**3** Meanwhile, drain the mushrooms, pouring the liquid into the simmering stock. Cut each mushroom in half length-ways. Chop the carrot, leek and celery into thin strips about 5 cm long. Slice the sugar snap peas in half lengthways, and finely shred the pak choy leaves. Slice the beef into thin strips about 1 cm wide.

**4** Remove the lemon grass and lime leaves from the stock. Bring the stock to the boil, then add the carrot, leek and celery. Cover and simmer for 3 minutes. Pour in the coconut milk and increase the heat. Just as the liquid comes to the boil, add the noodles, crushing them in your hands as you drop them into the pan. Stir in the mushrooms and beef, bring back to a simmer and cook, uncovered, for 1 minute. Stir well, then add the sugar snap peas and pak choy. Simmer for a further 3 minutes or until the beef, noodles and vegetables are tender. Add the lime zest and juice and the fish sauce and stir.

**5** To serve, transfer the noodles, beef and vegetables to bowls using a slotted spoon. Ladle the coconut stock over, and sprinkle with the coriander leaves.

## EACH SERVING PROVIDES:

**Key nutrients** 1604 kJ, 32 g protein, 10 g fat (5 g saturated fat), 40 g carbohydrate (6 g sugars), 5 g fibre, 1535 mg sodium. GI estimate low.





## Chilli con carne with cornbread

### Preparation time

20 minutes

Cooking time 1 ¾ hours

Serves 6

- 1 tbsp extra virgin olive oil
- 350 g lean stewing beef, trimmed of all excess fat and cut into small cubes
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- ½ tsp cumin seeds
- 1 tsp chilli flakes
- 1 tbsp tomato paste
- 1 can chopped tomatoes (about 400 g)
- 2 cans red kidney beans (about 400 g each), drained and rinsed
- 300 ml salt-reduced beef stock

### For the cornbread

- 1 cup (130 g) cornmeal
- 1 cup (140 g) plain flour
- 2 tsp baking powder
- ½ tsp salt
- 1 large egg
- 1 cup (250 ml) low-fat milk
- 1 cup (140 g) fresh or frozen corn kernels, thawed if frozen
- 1 small mild fresh green chilli, deseeded and finely chopped

**1** Heat the oil in a large flameproof casserole dish, add the beef and fry over a high heat, stirring occasionally, for 3–4 minutes or until well browned. Remove the meat with a slotted spoon.

**2** Reduce heat to low and add the onion to the pan. Stir well and cook for 10 minutes. Add the garlic, cumin seeds and chilli flakes and cook, stirring, for 1 minute, then return the meat to the pan. Add the tomato paste, tomatoes, beans and stock. Stir well and bring to the boil. Reduce the heat to simmer gently, then cover and cook for 1–1½ hours, stirring occasionally.

**3** Meanwhile, make the cornbread. Preheat the oven to 200°C and grease a shallow 20 cm square cake tin with cooking spray. Mix the cornmeal, flour, baking powder and salt in a bowl. Combine the egg with the milk and stir in to make a thick, rough-looking batter (do not overmix or the bread will be tough). Fold in the corn and chilli. Spoon the batter into the tin and bake for 20–25 minutes or until firm to the touch.

**4** Turn the cornbread out and cut into squares. Serve the chilli con carne with the cornbread on the side.



### EACH SERVING PROVIDES:

**Key nutrients** 1794 kJ, 30 g protein, 9 g fat (2 g saturated fat), 56 g carbohydrate (10 g sugars), 9 g fibre, 984 mg sodium. GI estimate low.



### Preparation time

15 minutes

Cooking time 10 minutes

Serves 4

½ cup (125 ml) chicken stock, preferably home-made

¼ cup (60 ml) chilli sauce

3 tsp salt-reduced soy sauce

2 tsp canola oil

3 spring onions, thinly sliced on the diagonal

2 garlic cloves, crushed

3 tsp grated fresh ginger

1 red capsicum, deseeded and cut into thin strips

500 g well-trimmed leg of lamb, cut into 5 × 1 cm strips

500 g sugar snap peas or snow peas

2 spring onions, green part only, cut into thin strips, to garnish

### HEALTH POINTS

✓ Capsicums have a waxy skin that helps protect them against oxidation. Hence their vitamin C content stays high even several weeks after harvesting.

## Stir-fried lamb and peas

**1** Combine the stock, chilli sauce and soy sauce in a small bowl, then set aside until needed.

**2** Heat the oil in a wok or large non-stick frying pan over a medium heat. Add the spring onions, garlic and ginger and stir-fry for 3 minutes or until the garlic is tender but not burnt.

**3** Add the capsicum and stir-fry for 2 minutes or until cooked but still with a little crunch. Add the lamb and sugar snap peas and stir-fry for 4 minutes or until the lamb is just cooked through.

**4** Pour the chilli sauce mixture into the wok and cook for 1 minute to heat through. Serve garnished with the spring onion strips.

### EACH SERVING PROVIDES:

**Key nutrients** 1239 kJ, 30 g protein, 14 g fat (5 g saturated fat), 11 g carbohydrate (8 g sugars), 4 g fibre, 494 mg sodium. GI estimate medium.

# Creamy root vegetable salad

## Preparation time

35 minutes

**Cooking time** 15 minutes, plus cooling and chilling

**Serves** 4

300 g small new potatoes, cut into 2.5 cm cubes

200 g celeriac, cut into 1 cm cubes

200 g swede, cut into 1 cm cubes

200 g sweet potato, cut into 2.5 cm pieces

juice of ½ lemon

4 carrots

⅓ cup (50 g) currants

¼ cup (35 g) pepitas

1 tbsp freshly squeezed orange juice

snipped fresh chives and chopped dill to garnish

## For the dressing

1 tbsp 97% fat-free mayonnaise

2 tbsp plain low-fat yogurt

1 tsp wholegrain mustard

2 tbsp snipped fresh chives

1 tbsp chopped fresh dill

pepper to taste

**1** Place the potatoes, celeriac and swede in a saucepan. Add boiling water to cover and bring back to the boil. Reduce the heat and simmer for 10 minutes or until the vegetables are tender.

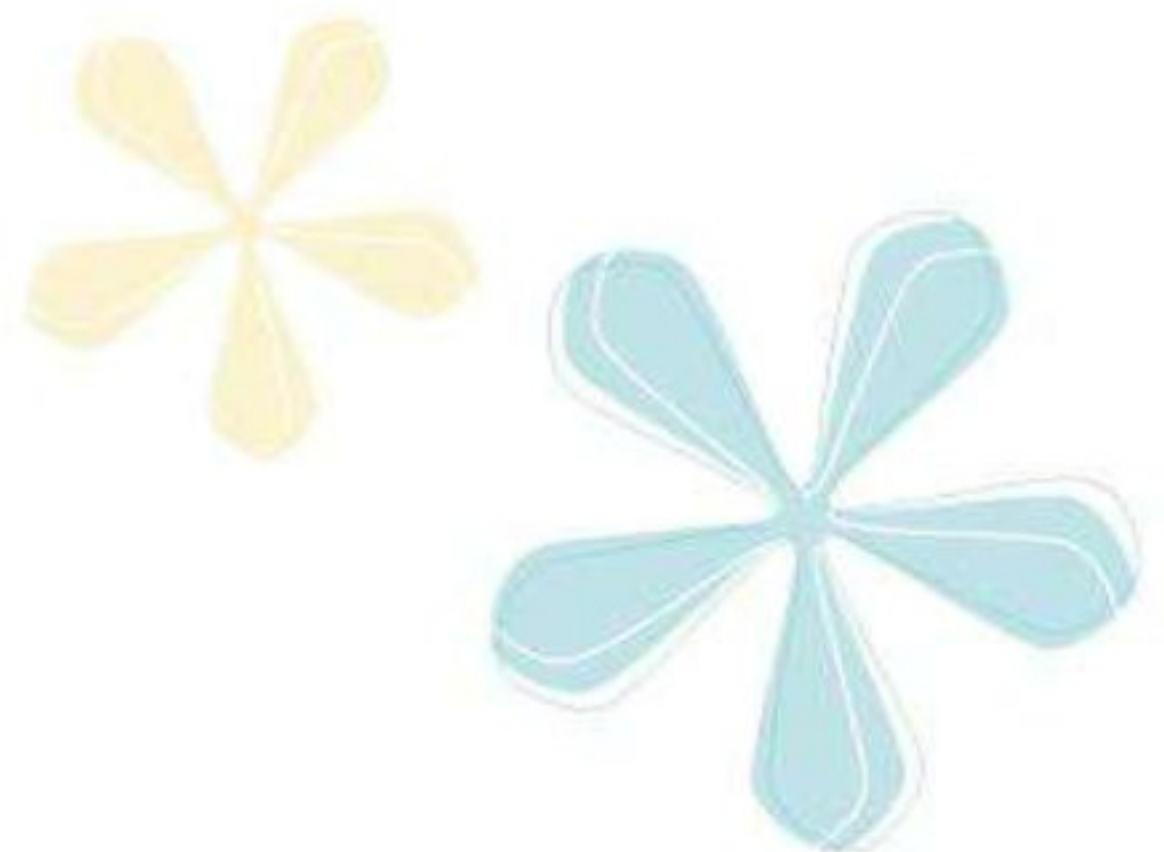
**2** Meanwhile, place the sweet potato in another saucepan. Cover with boiling water, bring back to the boil and simmer for 3 minutes.

**3** Make the dressing while the vegetables are cooking. Mix the mayonnaise, yogurt and mustard together. Stir in the chives, dill and black pepper to taste.

**4** Drain all the cooked vegetables well and put them in a large bowl. Add the lemon juice and the dressing, then toss lightly. Set the vegetables aside to cool, then cover and chill them for 2–3 hours.

**5** To finish the salad, use a swivel vegetable peeler or mandolin to cut ribbon strips from the carrots. Mix the carrot strips with the currants and pepitas. Stir in the orange juice. Spread the carrot mixture in a large shallow serving bowl or place on individual plates.

**6** Pile the chilled root vegetables on top of the carrot mixture. Garnish with a scattering of snipped chives and chopped dill, then serve.



## EACH SERVING PROVIDES:

**Key nutrients** 934 kJ, 8 g protein, 5 g fat (1 g saturated fat), 37 g carbohydrate (20 g sugars), 10 g fibre, 132 mg sodium. GI estimate medium.







**Preparation time**

10 minutes

**Cooking time** 10 minutes

**Serves** 4

2 tbsp sesame seeds

2 tbsp canola oil

1 onion, chopped

2 garlic cloves, chopped

1 small savoy cabbage  
(about 300 g), finely  
shredded

½ head of Chinese leaves,  
such as pak choy or  
baby buk choy, finely  
shredded

2 cups (150 g) bean  
sprouts

⅓ cup (80 ml) oyster sauce

2 tbsp water

pinch of pepper



## Sesame greens and bean sprouts

**1** Heat a small saucepan and dry-fry the sesame seeds, shaking the pan frequently, until they are just beginning to brown. Turn the seeds out into a small bowl and set aside.

**2** Heat the oil in a wok or large frying pan. Add the onion and garlic and stir-fry for 2–3 minutes or until softened slightly. Add the cabbage and Chinese leaves and stir-fry over a medium–high heat for 2–3 minutes or until the vegetables are just beginning to soften. Add the bean sprouts and cook for a few seconds.

**3** Make a space in the centre of the pan. Pour in the oyster sauce and water, stir until hot, then toss the vegetables into the sauce. Season with pepper to taste. Serve immediately, sprinkled with the toasted sesame seeds.

### HEALTH POINTS

✓ As well as contributing distinctive flavour, sesame seeds are a good source of calcium and therefore useful for anyone who dislikes or does not eat dairy products.

### EACH SERVING PROVIDES:

**Key nutrients** 744 kJ, 5 g protein, 13 g fat (1 g saturated fat), 9 g carbohydrate (7 g sugar), 5 g fibre, 985 mg sodium. GI estimate not able to be calculated because the carbohydrate content is minimal.



# Roasted capsicum salad

**1** Preheat the oven to 200°C. Brush the capsicums with 1 tbsp of the olive oil and arrange them in a shallow roasting tin. Roast for about 35 minutes or until the capsicum skins are evenly darkened, turning them a few times. Place the capsicums in a polythene bag and leave until they are cool enough to handle.

**2** Working over a bowl to catch the juice, peel the capsicums. Cut them in half and discard the cores and seeds (strain out any seeds that fall into the juice), then cut into thick slices.

**3** Measure 1½ tbsp of the capsicum juice into a small bowl (discard the rest). Add the vinegar, garlic and salt and pepper to taste, and whisk in the remaining oil.

**4** Arrange the capsicums on a serving platter or on individual salad plates. Sprinkle with the olives and basil, then drizzle with the dressing.

**Preparation time**

15 minutes

**Cooking time** 35 minutes,  
plus cooling

**Serves** 6

2 large red capsicums

2 large yellow or orange  
capsicums

2 large green capsicums

2½ tbsp extra virgin olive  
oil

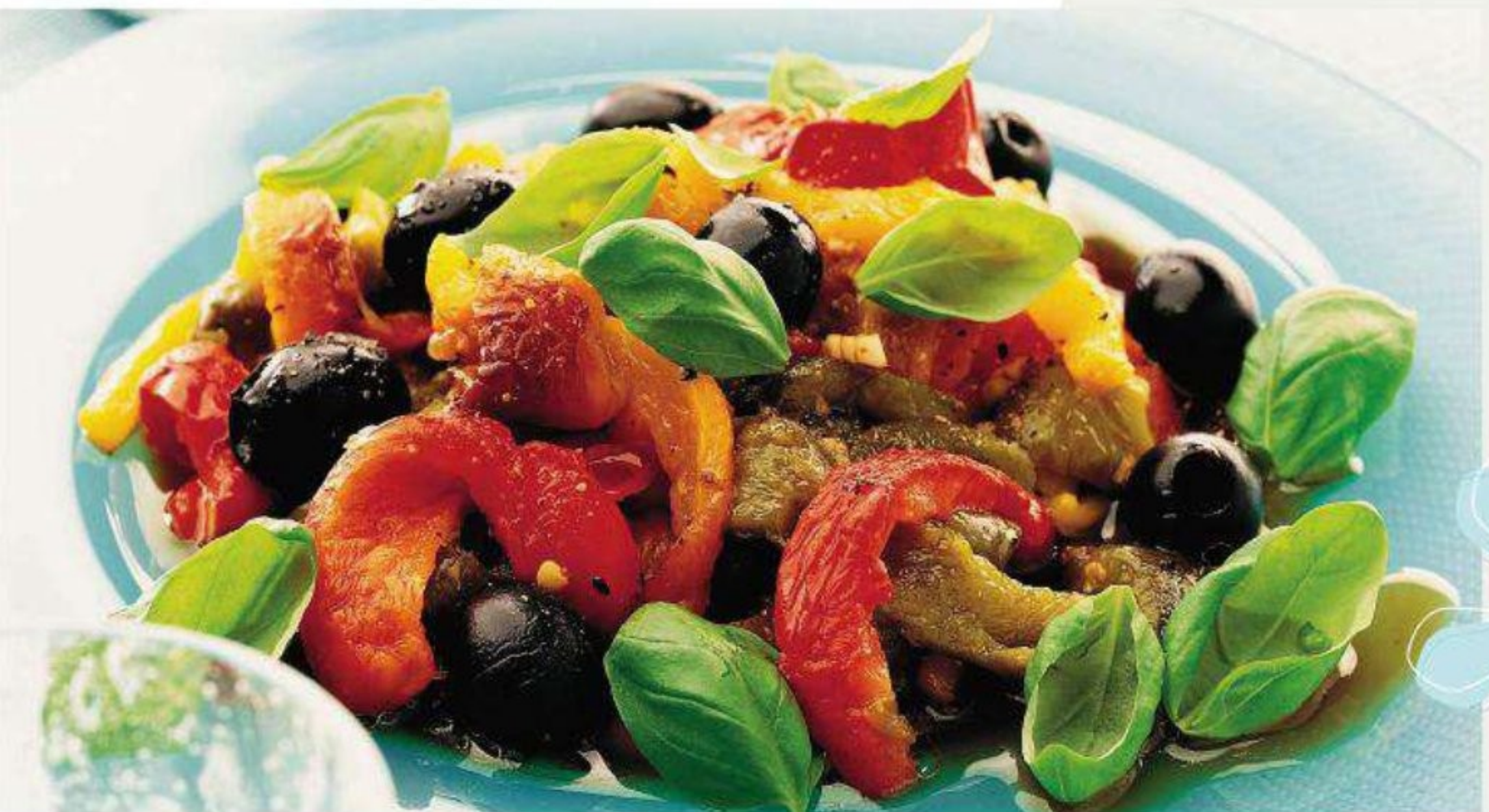
2 tsp balsamic vinegar

1 small garlic clove, very  
finely chopped or  
crushed

salt and pepper

12 black olives, pitted

1 handful of small fresh  
basil



## **EACH SERVING PROVIDES:**

**Key nutrients** 481 kJ, 3 g protein, 8 g fat (1 g saturated fat), 8 g carbohydrate (8 g sugars), 2 g fibre, 105 mg sodium. GI estimate not able to be calculated because the carbohydrate content is minimal.



### Preparation time

15 minutes

Cooking time 5 minutes

Serves 4

1 cos lettuce heart (about 170 g)

2 spring onions, thinly sliced

1 orange or yellow capsicum, deseeded and quartered

1 avocado

1 papaya

$\frac{1}{3}$  cup (50 g) pepitas

### For the dressing

juice of  $\frac{1}{2}$  lime

1 tbsp extra virgin olive oil

pinch of paprika

pinch of ground cumin

$\frac{1}{4}$  tsp soft brown sugar



## HEALTH POINTS

✓ Capsicums are a rich source of vitamin C and betacarotene.

✓ Papaya provides vitamin C and protective carotenes as well as calcium, iron and zinc.

### EACH SERVING PROVIDES:

**Key nutrients** 1148 kJ, 6 g protein, 24 g fat (4 g saturated fat), 10 g carbohydrate (8 g sugars), 5 g fibre, 18 mg sodium. GI estimate medium.

## Papaya avocado salad

**1** Shred the lettuce leaves and put them in a large shallow dish or individual serving dishes. Sprinkle the spring onions over the lettuce.

**2** Cut the capsicum quarters across into thin strips and arrange them in the dish. Halve, stone and peel the avocado, and cut into 5 mm slices across the width. Peel, halve and deseed the papaya, and cut into



5 mm slices across the width. Scatter the avocado and papaya slices over the capsicum strips.

**3** Whisk all the dressing ingredients together and pour over the salad. Heat a small heavy saucepan, add the pepitas and toss them in the pan for a few minutes to toast them lightly. Sprinkle the pepitas over the salad, then serve.



# Strawberry and cranberry granita

**Preparation time**  
15 minutes, plus  
30 minutes macerating  
and 2 hours freezing

**Serves** 4

500 g ripe strawberries  
(about 2 punnets), sliced  
⅓ cup (75 g) caster sugar  
1 cup (250 ml) light  
cranberry juice  
strawberries or mixed  
strawberries and  
raspberries to decorate

## **EACH SERVING PROVIDES:**

**Key nutrients** 432 kJ, 2 g  
protein, 0 g fat (0 g saturated  
fat), 24 g carbohydrate  
(24 g sugars), 3 g fibre,  
17 mg sodium. GI estimate  
medium.

## **HEALTH POINTS**

✓ All berries are high in vitamin C, an anti-oxidant that is good for the immune system and prevents the processes that can lead to heart disease and cancer.

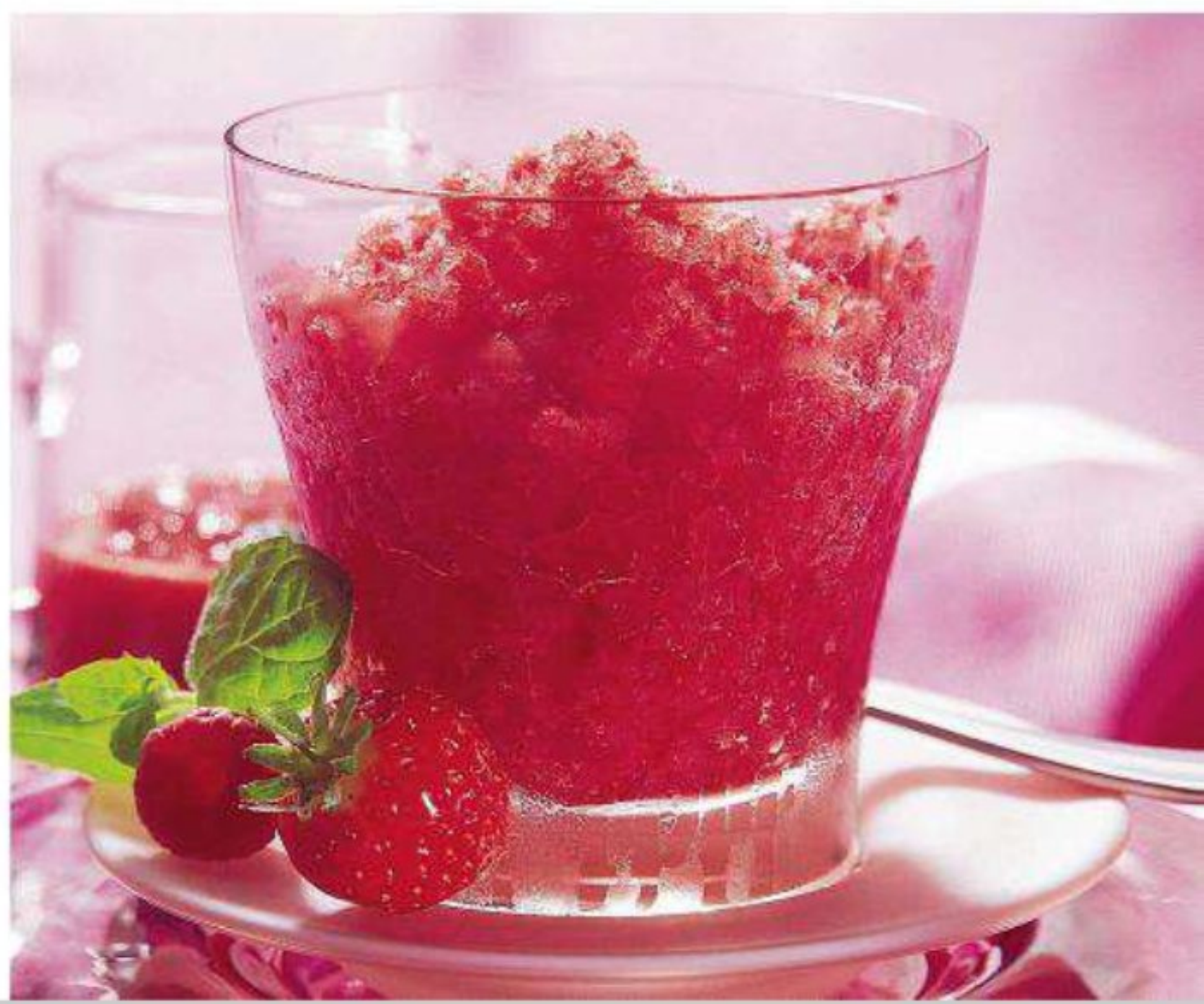
**1** Put the strawberries in a bowl, sprinkle over the sugar and toss together. Cover and leave to macerate at room temperature for 30 minutes.

**2** Tip the strawberry mixture into a food processor or blender and process to a smooth purée. Reserve 150 ml of the purée to serve as a sauce.

**3** Mix the remainder of the strawberry purée with the cranberry juice. Pour into a shallow metal tray and freeze for about 30 minutes or until the mixture has set softly round the edge.

**4** Using a fork, scrape the partially frozen mixture from the edge into the liquid centre. Return the tray to the freezer and freeze for a further 20 minutes. Scrape the frozen edge into the centre again, then return to the freezer once more. Repeat the scraping and freezing two or three more times, until you have a mixture that consists of separate, almost fluffy, soft ice crystals.

**5** Serve the granita in dessert goblets or in bowls, decorated with a few berries and accompanied with the sauce.





## Baked almond-stuffed peaches

**1** Preheat the oven to 180°C. Cut the peaches in half and remove the stones. Arrange 8 of the halves, cut-side up, in a shallow baking dish. Set aside. Finely chop the remaining peach halves.

**2** Combine the chopped peach with the dried apricots, crumbled amaretti, almond essence, brandy and egg white. Stir until thoroughly combined.

**3** Heat a small heavy-based frying pan and dry-fry the almonds, turning and tossing every so often, until they are lightly browned in spots. Remove and chop, in a food processor or by hand, to make a mixture of small chunks of nuts and ground nuts.

**4** Add the chopped almonds to the fruit and amaretti mixture and mix well. Use the mixture to fill the hollows in the peach halves, heaping up the filling and pressing it gently together. Cover the baking dish with a tent of cooking foil.

**5** Bake for 25–30 minutes, then remove the foil. Increase the oven temperature to 200°C and bake for a further 5 minutes or until the nutty topping is lightly browned. The peaches are best served warm, but they can be chilled before serving, if you prefer.

Preparation time

20 minutes

Cooking time 40 minutes

Serves 8

5 large ripe but firm peaches

10 dried apricot halves, finely chopped

6 amaretti biscuits, crumbled

2 tsp almond essence

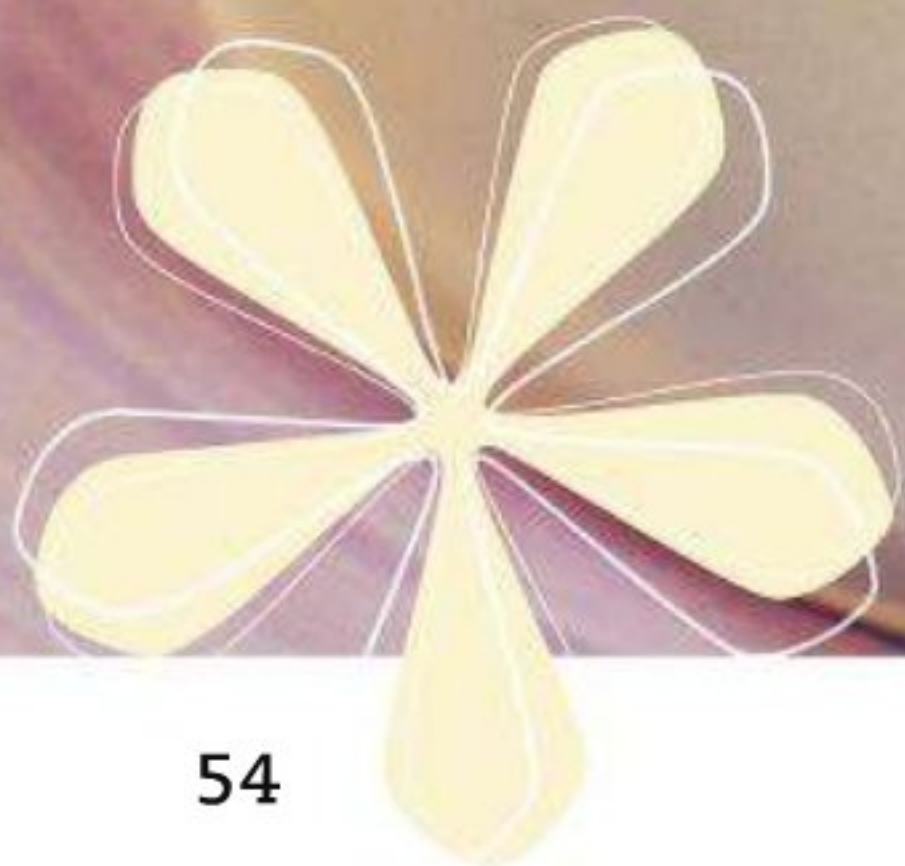
1 tbsp brandy

1 medium egg white

$\frac{1}{3}$  cup (50 g) blanched almonds

### EACH SERVING PROVIDES:

**Key nutrients** 482 kJ, 4 g protein, 4 g fat (0.5 g saturated fat), 14 g carbohydrate (13 g sugars), 3 g fibre, 11 mg sodium. GI estimate low.





# Rhubarb and saffron crème brûlée

**1** Preheat the oven to 160°C. Put the rhubarb in a heavy-based saucepan with the orange juice and  $\frac{1}{4}$  cup (55 g) of the caster sugar. Poach over a medium–low heat for 5–7 minutes or until the fruit is tender and juicy, but still keeps its shape. Leave to cool.

**2** To make the custard, heat the milk with the remaining caster sugar and the saffron in a heavy-based saucepan until bubbles appear around the edge. In a bowl, beat together the egg yolks, whole egg and thickened cream. Slowly add the hot sweetened saffron milk to the egg mixture, stirring to mix well.

**3** Divide the rhubarb compote among six 150 ml ramekins. To ladle the custard mixture over the fruit, place the base of the ladle on top of the fruit and turn it slowly to gently ease in the custard (if you pour the custard into the ramekins, it will mix with the rhubarb and will not form two separate layers).

**4** Place the ramekins in a large roasting tin. Pour boiling water into the tin to come about two-thirds up the sides of the ramekins. Bake for 25 minutes or until set.

**5** Remove from the oven and leave to cool. Refrigerate for at least 1 hour or until quite cold.

**6** Preheat the grill to high. Sprinkle 2 tsp of the demerara sugar on top of each custard and smooth it with your finger so that it forms an even layer. Grill close to the heat until the sugar melts and bubbles, keeping a close watch on it so that it does not burn. Remove from the heat and allow to cool for a few minutes or until the sugar has hardened to form a crust. Serve.

## EACH SERVING PROVIDES:

**Key nutrients** 746 kJ, 6 g protein, 7 g fat (3 g saturated fat), 25 g carbohydrate (25 g sugars), 1 g fibre, 49 mg sodium. GI estimate medium.

## Preparation time

25 minutes

## Cooking time

40 minutes, plus cooling and at least 1 hour chilling

Makes 6

250 g rhubarb, chopped  
juice of  $\frac{1}{2}$  orange  
 $\frac{1}{3}$  cup (75 g) caster sugar,  
or to taste  
1 cup (250 ml) low-fat  
milk  
2 pinches of saffron  
threads  
4 medium egg yolks  
1 whole medium egg  
 $\frac{1}{4}$  cup (60 ml) light  
thickened cream  
 $\frac{1}{4}$  cup (50 g) demerara  
sugar

## HEALTH POINTS

✓ Rhubarb is 94 per cent water and contains very little vitamin C. But it does provide vitamin A which is essential for healthy skin and good vision.



**Preparation time**

15 minutes

**Cooking time** 10 minutes,  
plus cooling and chilling

**Serves** 4

300 g mixed soft fruit,  
such as raspberries,  
blackberries, blueberries  
and redcurrants

2 tbsp water

$\frac{1}{4}$  cup (55 g) caster sugar

$1\frac{1}{3}$  cups (350 g) plain  
low-fat yogurt

grated zest of  $\frac{1}{2}$  orange

finely shredded orange  
zest to garnish  
(optional)

sprig of mint to garnish  
(optional)



## Summer fruit fool

**1** Reserve about 50 g of the mixed fruit for decoration. Put the remaining mixed fruit in a saucepan with the water. Bring just to the boil, then reduce the heat and cook gently for 5 minutes or until soft and very juicy. Stir in the sugar.

**2** Remove from the heat and leave to cool slightly. Pour into a food processor or blender and purée. Press the purée through a sieve to remove all the pips. Alternatively, just press the fruit through a sieve to purée it. Set aside to cool completely.

**3** Combine the yogurt and orange zest and lightly whip together, then mix in the cooled fruit purée.

**4** Spoon into dessert dishes or goblets. Chill well before serving, decorated with the reserved berries and orange zest and mint, if using.

**EACH SERVING PROVIDES:**

**Key nutrients** 552 kJ, 6 g protein, 0.5 g fat (0 g saturated fat), 26 g carbohydrate (25 g sugars), 3 g fibre, 61 mg sodium. GI estimate medium.

# Mango mousse

**1** Reserve 12 small mango slices. Purée the remaining mango slices with the lime juice and ginger in a food processor.

**2** Sprinkle the gelatine over  $\frac{1}{2}$  cup (125 ml) of the water in a small bowl. Let stand for 5 minutes or until softened. Meanwhile, combine the sugar and remaining water in a small saucepan and bring to the boil. Stir the gelatine into the hot sugar mixture and cook, stirring, for 1 minute or until the gelatine is dissolved.

**3** Add the gelatine mixture to the mango purée and process until well combined. Add the sour cream and process briefly just to blend.

**4** Spoon into dessert bowls or glasses, top with the reserved mango slices, cover and refrigerate for 2 hours or until chilled and set.



## EACH SERVING PROVIDES:

**Key nutrients** 555 kJ, 3 g protein, 4 g fat (3 g saturated fat), 20 g carbohydrate (19 g sugars), 2 g fibre, 17 mg sodium. GI estimate medium.

## Preparation time

20 minutes, plus at least 2 hours chilling

## Serves 6

3 mangoes (about 1 kg in total), peeled and sliced  
 $\frac{1}{4}$  cup (60 ml) lime juice  
 $\frac{1}{2}$  tsp ground ginger  
3 tsp powdered gelatine  
1 cup (250 ml) water  
2 tbsp white sugar  
 $\frac{1}{2}$  cup (125 g) light sour cream



## HEALTH POINTS

✓ Much of the dietary fibre in mangoes is pectin, a form of soluble fibre that has been shown to reduce blood cholesterol.

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## USING THE RECIPES

All the recipes in this magazine are suitable for people with diabetes to use. You can vary some of the recipes according to personal taste and which ingredients you have on hand, but be aware that adding extra salt, sugar or fat to any of these recipes will alter the nutritional balance of the original recipe and therefore its suitability for use as part of a balanced meal plan. Recipes in the dessert section are recommended for special occasions and should not form part of a daily eating plan.