

Choose lower GI foods most often

- ✓ Great for losing weight
- ✓ Keeps you fuller, longer
- ✓ Healthier foods

Choose high fibre whole foods more often; try to eat foods that are less processed.

Choose foods as "close to the farm" as possible."

Include 15 grams of soluble fibre daily.

Adapted from the "New Glucose Revolution" Wolever – Brand-Miller; 2003

Exercise more

Recommendation: 150 minutes per week – **Walk! Walk! Walk!**

- ✓ Get a well-fitting pair of shoes and a pedometer, your goal is 10,000 steps per day. Get moving!

Calories count:

- ✓ Eat foods low in calories but full of nutrients.

Watch those calories!

Diabetes, heart disease and obesity are hot topics today. Their prevention and treatment is in your hands. Learn how to eat for weight loss and disease management.

For Lower Blood Sugar and Weight Loss Choose Foods with a Lower Glycemic Index (GI)

Definition: Foods are ranked on a scale of 1-100 determining the rate of carbohydrate digestion, absorption and metabolism. Foods with a lower GI value are: digested slower, higher in fiber, less processed and healthier for you.

Lower GI Foods (60 or less) Eat More!

- Whole grain breads
- Long grain brown rice
- Barley
- Whole Wheat Pasta (still firm)
- Whole fruits
- Low-fat cheese and dairy
- Whole vegetables
- Legumes
- Popcorn
- Nuts
- Juices (125 mL)
- Milk
- Chicken, fish and lean meats



Higher GI Foods (60 or more) Eat Less!

- White breads, buns
- Bagels
- Instant rice, short grain rice
- Processed cereals
- Sport drinks
- Potatoes
- Pretzels
- Rice cakes
- Fruit bars
- Soda crackers
- Highly refined foods
- Most processed foods



For Heart Care

Definition: Soluble fibre has been shown to reduce cholesterol levels. It should be part of your diet on a daily basis.

Recommendation: 15 grams soluble fibre per day
Heart healthy mixture: 1/3 ground flax, 1/3 oat bran, 1/3 psyllium = 2 Tbsp/day, sprinkle on top of cereal.

Foods High in Soluble Fibre and Low in Saturated Fat

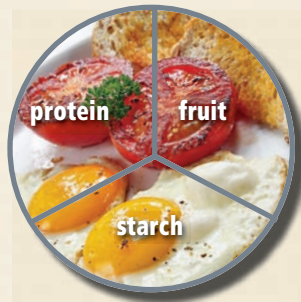
- Barley, cooked, 125 mL – 8.1 g
- Prunes, 125 mL – 3.9 g
- Flaxseed, ground 60 mL – 2.3 g
- Fruits, whole, medium, citrus – 1.1-1.9 g
- Apple, medium – 1.0 g
- Pears, medium – 1.0 g
- Banana, medium – 2.7 g
- Vegetables, whole
- Squash, 125 mL – 1.4 g
- Corn, 125 mL – 1.3 g
- Broccoli, 125 mL – 1.2 g
- Bread, multigrain – 0.5 - 1.0 g
- Legumes, 125 mL – 0.5 - 1.4 g
- Nuts (about 10) – 1.2 g



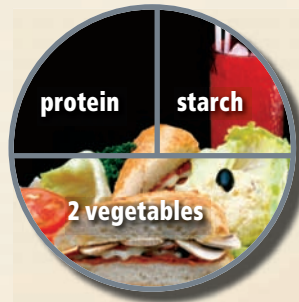
Protein:

- Chicken breast, 100 g, meat only, roasted – 33 g protein, 2.1 g fat
- Chicken thigh, 50 g, meat only, roasted – 25 g protein, 3 g fat

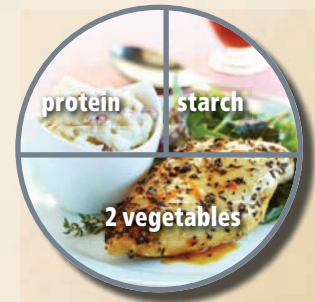
Meal Balancing — How to Plan Meals & Menus



Breakfast



Lunch



Supper

Protein: Choose lean chicken products, beef, pork, fish, legumes, nuts, eggs, and low-fat dairy products.

Starch: Potatoes are great but eat a small portion. Always choose whole grain bread, cereal, pasta and rice.

Snacks: Try to have a small snack between meals. Your snack should be no more than 80-100 calories. Fruit is always great, but is better with a small amount of protein.

Tips for Added Weight Loss

No "starch" at supper — eat a protein and 2-3 vegetables (but no potato, pasta, rice, bread). Eat your calories instead of drinking your calories; limit high calorie beverages such as pop, juices (only 125 mL), fruit drinks.

Recipe Ideas — Low Glycemic Index and High in Soluble Fibre

Chicken Enchiladas Serves 4

Preparation

In a large skillet, heat oil over medium heat; cook onion and garlic for about 3 minutes until onion has softened. Stir in chicken and cook until chicken is no longer pink. Stir in pepper, celery, chili powder, cumin, salt, oregano, hot pepper and black pepper and cook for 1 minute.

Stir in tomatoes, breaking up with a spoon. Add beans and corn and bring to a boil. Reduce heat, cover and simmer 10 minutes.

Divide filling among tortillas and roll up. Put tortillas, seam side down, in a shallow, greased baking dish. Bake at 400°F (200°C) for 15 minutes or until tortillas are crisp.

Sprinkle with cheese and top with sour cream before serving.

1 lb	boneless, skinless chicken thighs, cubed	500 g
2 tsp	vegetable oil	10 mL
1	onion, chopped	1
2 cloves	garlic, minced	2 cloves
1	sweet red pepper, chopped	1
2	stalks celery	2
5 tsp	chili powder	25 mL
1 tsp	ground cumin	5 mL
½ tsp	oregano	2 mL
¼ tsp each	hot pepper flakes and black pepper	1 mL each
1 can	tomatoes (28 oz/796 mL)	1 can
1 can	black beans, drained (19 oz/540 mL)	1 can
2 cups	kernel corn	500 mL
8 small	whole wheat or multigrain tortillas	8 small

Toppings:

1 cup	shredded low fat cheese	250 mL
½ cup	low-fat sour cream	125 mL



Nutrients

Weight per serving	703.6 g
Calories	704
Protein (g)	50.8
Total fat (g)	19.8
Saturated fat (g)	6.3
Carbohydrate (g)	84.5
Fibre (g)	11.5
Cholesterol (mg)	119.3
<i>%Daily Value</i>	
Sodium	25%
Potassium	27.6%
Calcium	40.5%
Iron	32.3%
Vitamin A	9.7%
Vitamin C	202%
Folate	54.9%
Vitamin B12	35.6%

Chicken and Barley Jambalaya Serves 4

Preparation

In a large skillet over medium heat, brown chicken breasts in oil. Remove chicken and set aside.

Add onion, celery, red pepper, garlic, cayenne, and tumeric to skillet and stir cook over medium heat until onions are soft. Add barley and stir cook for 2-3 minutes. Stir in tomatoes, chicken stock, and chicken. Cover and cook over medium heat until the barley is tender and most of the liquid has been absorbed (about 25 minutes).

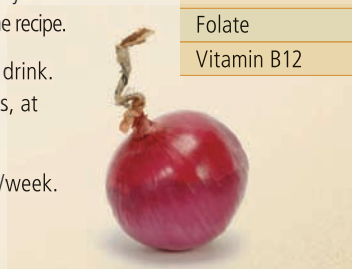
4	boneless, skinless chicken breasts, cubed	4
2 tsp	canola oil	10 mL
1	medium red onion, chopped	1
1 stalk	celery, chopped	1 stalk
1	red pepper, diced	1
2 cloves	garlic, minced	2 cloves
¼ - 1 tsp	cayenne pepper (to taste)	1 – 5 mL
¼ tsp	tumeric	1 mL
1 cup	pot barley	250 mL
1 can	diced tomatoes, drained (14 oz/398 mL)	1 can
3 cups	hot low-sodium chicken broth	750 mL

Tips for your health!

Add more soluble fibre to your favourite recipes — add legumes and slivered almonds. You can also add ground flax, barley, oat bran or psyllium to any recipe, just before cooking, as they will otherwise absorb the liquid of the recipe.

Journaling: This brings success: Write down what you eat and drink. The Weekly Food Journal is available, along with the fact sheets, at www.chicken.ca on the Health & Nutrition page.

Exercise: Walking is great! Recommendations are 150 minutes/week.



Nutrients

Weight per serving	594 g
Calories	395.9
Protein (g)	39.3
Total fat (g)	6
Saturated fat (g)	1.4
Carbohydrate (g)	47.1
Fibre (g)	9.6
Cholesterol (mg)	76.5
<i>%Daily Value</i>	
Sodium	20%
Potassium	20.8%
Calcium	8.1%
Iron	2.6%
Vitamin A	4%
Vitamin C	163%
Folate	4.3%
Vitamin B12	23.8%

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More recipe ideas at www.chicken.ca