

# Eating healthy with diabetes

Apart from swapping out white rice for brown rice, or regular pasta for the wholewheat variety, how can you lower the glycaemic index (GI) of the foods you take? Here are some tips from dietitians.



**Choose firm fruits that are not too ripe,** because riper fruits tend to contain more natural sugars.



**Add some protein to your meal** in the form of a boiled egg white or unsweetened soya bean milk. Protein helps to lower a meal's GI, and so does fibre which can be found in leafy vegetables.



**Drink the soup before you eat chicken rice.** The soup is rich in amino acids, which stimulate the secretion of insulin.



**Stop cooking your pasta when it is al dente,** or firm, rather than cooking it until it is soft. Pasta cooked till soft has a higher GI.



**If a recipe requires potatoes, bake them** instead of mash them. Studies have also shown that boiled potatoes dressed with vinaigrette and kept in the fridge overnight had a lower GI than hot boiled potatoes.

| Calories from Fat 0           |    |
|-------------------------------|----|
| % Daily Value*                |    |
| <b>TOTAL FAT 0g</b>           | 0% |
| Saturated Fat 0g              | 0% |
| <b>Cholesterol 0mg</b>        | 0% |
| <b>Sodium 10mg</b>            | 0% |
| <b>TOTAL Carbohydrate 24g</b> |    |
|                               | 8% |
| Dietary Fiber 0g              | 0% |
| Sugars 23g                    |    |

**A dietitian can teach you techniques** to count carbohydrates and understand food labels. This will help you plan your meals more effectively.

## Always read the labels on your food, and don't get taken in by these claims

### "No added sugar"

The item may still contain natural sugars, as with jams or fruit juices.

### "Cholesterol-free" vegetable oil

All vegetable oil is cholesterol free, as cholesterol is found only in animal-based products.

### "Natural" or "Made from fresh ingredients"

May still contain large amounts of fat and sodium.

### "Low-fat" or "Fat-free"

Some manufacturers add sugar to their low-fat products to make them taste as good as the originals.

### "Sugar-free"

Even if certain cookies or cakes are sugar-free, they may be high in carbohydrates that could cause blood sugar spikes for people with diabetes.

Sources: SGH, THE DIABETIC SHOP, TEMASEK POLYTECHNIC, TOUCH DIABETES SUPPORT, CHANGI GENERAL HOSPITAL

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