



Welcome to our monthly Newsletter...

October Newsletter

GI – What does it mean!

Welcome to another issue of the Designer Diet newsletter! Nutrition terms are always thrown around by word of mouth or the media, but sometimes we don't really understand what they mean. One important topic that has gained a lot of attention is GI or glycemic index. But what is it all about.

The glycemic index is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. But it gets a little more complex, because the type of carbohydrate you eat affects your blood sugars. So foods that you would think have a high GI, may not. In association with healthy eating, it would be recommended that you eat a balanced diet which includes fruit, vegetables, lean protein sources, wholegrain carbohydrates, and reduced fat dairy. With these recommendations use that GI cut-offs.

<p>HIGH GI (70 and above)</p>	<p>Medium GI (56 to 69)</p>	<p>Low GI (55 and under)</p>
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What to look out for: Look for the usually on the front of the packet. product is high, medium or low GI.



symbol on a food product. It is It will also state whether this

GI of commonly consumed products:

Baked beans, canned tomato sauce, ½ cup (120g)	48 (av)	1	21
Banana, raw, 1 medium (150g)	55 (av)	0	32
Chocolate milk, 6 squares (30g)	48	8	19

Fettuccini, cooked, 1 cup (180g)	32	1	57
Ice cream, full fat, 2 scoops (50g)	61 (av)	6	10
Mixed grain loaf (burgen TM), 1 slice (40g)	34	2	13
Soft drink, coca cola TM, 1 can (375ml)	63	0	40

For more information please refer to: www.glycemicindex.com

DESIGNER DIETS RECIPE OF THE MONTH

Green Style Baked Fish

Serves 8

Preparation time 1-2 hours

Cooking time 35-40 minutes

Ingredients:

- 3kg whole fish
- Juice of 1 lemon
- Salt
- Freshly ground black pepper
- ¼ cup olive oil
- ½ cup soft white breadcrumbs
- 3 cloves garlic, finely chopped
- ½ cup finely chopped parsley
- 3 large tomatoes, peeled
- 2 large potatoes, peeled



Directions:

1. Clean and scale fish if necessary
2. Wipe dry and rub inside and out with lemon juice, salt and pepper
3. Cover and refrigerate for 1-2 hours
4. Take a baking dish large enough to accommodate fish and brush with oil
5. Sprinkle breadcrumbs over base and top with the chopped garlic and most of the parsley
6. Place fish in the dish and pour on a little of the oil

7. Slice tomatoes and arrange over the fish
8. Cut potatoes into thick finger lengths (chips) and place in dish around and between fish
9. Season tomatoes and potatoes with salt and pepper and pour remaining oil over all ingredients in dish
10. Bake in a moderate oven for 35-40 minutes, covering dish for the first 15 minutes
11. Remove cover and bake until fish and potatoes are cooked
12. Sprinkle with remaining parsley and serve hot

Kilojoules: 2119kJ

Protein: 79g

Total Fat: 15g

Carbohydrate: 10g

Serve and enjoy a nutritious, well balanced meal which provides a good source omega-3 fats and protein!

We hope you have enjoyed our monthly newsletter and look forward to hearing from you in the near future.

**Warm regards,
Geraldine Georgeou, Maria Manoli and the Designer Diet Team**

“Water is the most neglected nutrient in your diet but one of the most vital.”

Kelly Barton