

More for *Diabetics*

Diabetes is the fastest growing chronic disease in Australia. It is one of the six national health priorities.

The two main types of diabetes are type 1 diabetes or insulin dependent (IDDM): 5-10% of diabetics, and type 2 diabetes or non-insulin dependent (NIDDM). Type 1 diabetes: 90% of the diabetes population.

Nutritionists world wide all agree that a healthy, well balanced diet and lifestyle is the key to managing this chronic problem.

Diabetics need to ensure they maintain a healthy diet that is rich in vegetables, fruits, wholegrain breads and cereals, low fat dairy products, lean meats and poultry. At Oliver's we pride ourselves on offering a range of fresh and real food.

- At **Oliver's Real Food** we use real fruits and vegetables to make our range of energising and revitalising juices. **We do not add any sugar or used processed sugar syrups.** Our juices are 100% natural,

juiced daily from a selection of **low and medium glycemic index fruits and vegetables.**

- **We only use low fat milk and low fat yogurt** to make our delicious bircher muesli, yogurt fruit cups and our all real, all natural banana berry smoothie.
- At Oliver's we don't use ice cream or artificial colours, flavours or syrups to make our smoothies. We use **frozen bananas to give all the smoothies** that chilled, thick texture we have all come to associate with a superb smoothie.
- Our famous "Gourmet Pita Pockets" are wrapped using fresh pita bread, and **all the meat and poultry used in our "Gourmet Pita Pockets" is baked not fried.**

Oliver's Real Food is all about offering you the highest standard of fresh and healthy options. Our delicious menu incorporates fresh seasonal salads and fruit salads, low fat yogurt, fresh sushi, fresh 100% all natural juices and baked lean meats and poultry.

If you have any questions about Oliver's menu, please contact our Oliver's nutritionist info@oliversrealfood.com.au

Where to find more information:

Diabetes Australia
<http://www.diabetesaustralia.com.au>

Diabetes Centre Australia
<http://www.diabetes.org.au>

International Diabetes Institute
<http://www.diabetes.com.au>



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