

# More for *Diabetics*

Diabetes is the fastest growing chronic disease in Australia and New Zealand. 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) which accounts for 90% of the diabetes population. Nutritionist's world-wide all agree that a healthy, well balanced low GI diet and lifestyle is the key to managing this chronic problem. The Glycaemic Index (GI) ranks food on a scale from 0-100 according to the effect they have on blood glucose levels. Different carbohydrate/sugar foods have different effects on blood glucose levels. Foods with a high GI are those that are digested and absorbed faster, resulting in a rapid increase in blood glucose levels. High GI foods are not recommended for people with diabetes, who aim to maintain relatively stable blood glucose levels, limiting "peaks or troughs". Low GI foods, as long as they are low in fat, are best for controlling diabetes. This is because they produce a gradual rise in blood glucose and insulin levels because of their slow digestion, absorption and gradual release of glucose into the bloodstream, thus avoiding rapid "peaks and troughs".

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 fresh daily.
- We only use low fat milk and reduced fat yogurt to make our delicious Bircher muesli, yogurt fruit cups and our all real, all natural banana and banana berry smoothies.
- 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 wholemeal 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, reduced fat yogurt, and handmade sushi. All food is made with fresh 100% all natural ingredients, using organic and local produce wherever we can.

If you have any questions about Oliver's menu, please contact our Oliver's nutritionist [nutrition@oliversrealfood.com.au](mailto:nutrition@oliversrealfood.com.au)

Where to find more information:

Diabetes Australia

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

Diabetes Centre Australia

<http://www.diabetes.org.au>

Diabetes New Zealand

<http://www.diabetes.org.nz>

International Diabetes Institute

<http://www.diabetes.com.au>



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