Using Low GI Ingredients



Queensland Division

ACNAS • an NAQ Nutrition program

When planning your menus, incorporating low glycaemic index (GI) ingredients is a great way to lower the overall GI of meals. This approach to menu design will help make the menu suitable for all residents, so a 'diabetic' menu is not needed. It also makes food ordering and preparation simpler as special diabetic meals are not necessary. Lower GI foods also tend to be cheaper, minimally processed foods, so using them regularly on the menu helps with managing budgets. Aim to include one low GI food at all meals and mid meals. To check the GI of a food, look it up on the <u>Glycaemic Index database</u>.

Here are some ideas on how to include low GI ingredients in your menu:

- Use low GI rice for all rice meals e.g. Basmati rice.
- Add barley to soups, stews and casseroles.
- Serve fruit cakes, fruit muffins or raisin toast at mid meals.
- Whole rolled oats can be served on the menu every day for breakfast, used in rissoles or meatballs in place of breadcrumbs, incorporated into baking (slices or biscuits), or used in fruit crumble toppings.
- Add dried red lentils to soups, stews and casseroles add 1 tablespoon per person. There is no need for soaking and they will disintegrate when cooked for 15-20 minutes.
- Add green or brown lentils to soups, stews and casseroles. Soak beforehand for quicker cooking or use tinned. These can be added into bolognaise sauce, using a ratio of 75% meat to 25% legumes will not affect the flavour of the meal.
- Red kidney beans or chickpeas can be added to minestrone soup, bolognaise sauce, curries or in salads.
- Include baked beans on the breakfast menu.
- Serve 4-bean mix with salads.
- Include pasta on the menu for main meals or pasta salad as a side at meals.



Aged Care Nutrition Advisory Service (ACNAS) | NAQ NUTRITION, the Queensland division of Nutrition Australia | web www.naqld.org 12/ 212 Curtin Ave West, Eagle Farm | ph 07 3257 4393 | fax 07 3171 2969 | email acnas@naqld.org © Copyright 2022, NAQ Nutrition, the Queensland division of Nutrition Australia. All rights reserved