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diabetic LIVING

NOVEMBER/DECEMBER 2016, ISSUE 66
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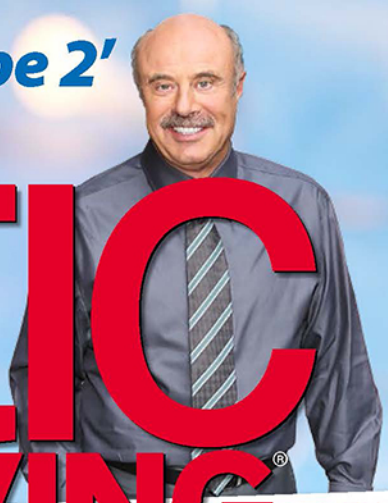
Dr Phil *'I have type 2'*



Bonus 26 PAGE SPECIAL

SLIM DOWN *success!*

Cut carb cravings • Savvy food swaps • Get fitter faster

Summer essentials

+ Party-proof alcohol guide
+ Travel made easy
+ Soothe dry skin

10 *ways to* CONTROL YOUR SUGAR SWINGS

Pen *vs* pump

All the latest

43 *fab new* RECIPES

Berry bliss cheesecake, p31

Festive fare to share

Stress-free Christmas

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SANOFI

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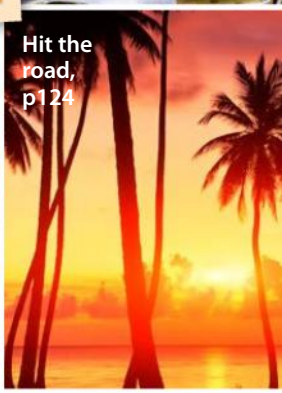

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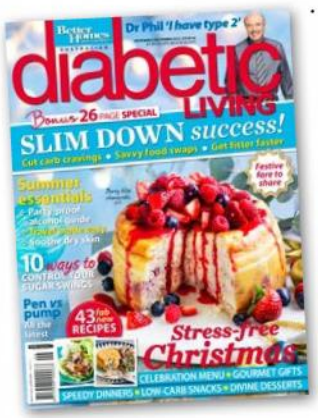

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Festive fun

The weather is warming up, Christmas is looming and so is the temptation of family barbecues, office parties and festive feasts. When we were planning this issue we decided to provide celebration desserts and a Christmas menu that you could cook for family, friends and even complete strangers without disclosing that you have diabetes – unless, of course, you want to.

We also wanted you to be able to bake delicious, love-filled gifts for people who have diabetes without compromising your health or theirs. And we wanted to capture all that's wonderful about summer with tasty savoury treats brimming with seasonal produce.

This time of year can inspire you to slim down and the *DL* team of health experts provide all the motivation you need in our *Small Changes Big Results* special on page 89 – a four-week guide to a new you. Get started now and you'll be beaming for lots of reasons on Christmas Day.

You can even reward yourself with a serving of the dessert you prepared, knowing it will taste amazing *and* keep your diabetes management on track. Then you can sit back and wait for the compliments. Enjoy!

Toni

Toni Eatts, **Editor**

JOIN US ON FACEBOOK NOW!

You can have your say about this issue of *Diabetic Living* and tell us more about the topics you'd like to see covered. Simply visit our Facebook page (facebook.com/australiandiabeticlivingmagazine) and 'like' us to stay in the loop.

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LOOK OUT
for our next issue,
on sale 8 December

3 things to try in this issue

Gourmet gifts
Homemade presents are always the best, especially when they taste great and are BGL-friendly. Find our bikkies, pies, fruit cakes and puds on page 32.

Ready for action
Turn to page 89 for our 26-page special filled with expert advice to help you trim down, tone up and get moving in just four weeks.

Be prepared
Planning ahead for holidays is important when you have diabetes, and it's easy, too, with our timeline of travel tips on page 124.

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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WEBSITE diabeticliving.com.au
EMAIL diabeticliving@pacificmags.com.au
FACEBOOK facebook.com/australiandiabeticlivingmagazine
INSTAGRAM @diabeticliving
READER ENQUIRIES (02) 9394 2497
SUBSCRIPTIONS AND BACK ISSUES 1300 668 118,
email: subscriptions@pacificmags.com.au

EDITORIAL
Editor Toni Eatts
Art director Renée Carloss
Acting features editor Joanna Webber
Chief subeditor Sandra Bridekirk
Subeditors Marco Lang, Colleen Krause
Food editor Alison Roberts
Dietitian Lisa Urquhart

ADVERTISING
Group sales director, health titles
Ann-Maree Mulders
National business integration manager
Lindsay Reed, (02) 9394 2291
Advertising coordinator
Michelle Sidhom, (02) 9394 2250
Vic sales director
Simone Della Riva
Group sales manager, Vic
Melanie Stephens, (03) 8636 7515
Senior sales executive, Qld
Mike Bartlett, (07) 3368 7486
SA representatives
Georgia Matthews, (08) 8364 3665
Peter Russell, (08) 8364 3665
WA representative
Nicky Simpson, (08) 9344 0749
Advertising production coordinator
Daniel Murace, (02) 9394 2839

PUBLISHING
General manager, fashion, beauty and health
Jackie Frank
Better Homes and Gardens editor-in-chief
Julia Zaetta
Marketing director, health
Kathy Glavas
Marketing manager, health
Courtenay Raman
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Melissa Wayne
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John Borg
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Digital imaging pre-media solutions
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Production controller
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Media City, 8 Central Avenue, Eveleigh, NSW 2015;
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Chief executive officer Peter Zavecz
Commercial director Prue Cox
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Here to *help*

Meet our experts – they'll advise you on all aspects of your ***diabetes management***

In conversation with...

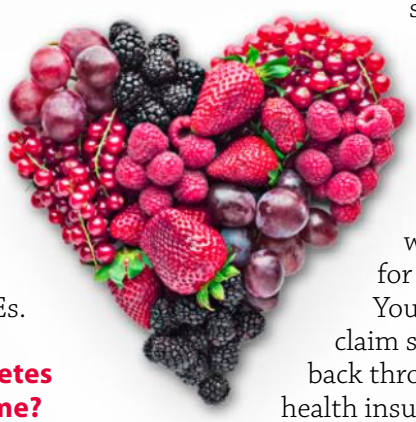
Dr Kate Marsh

Credentialled diabetes educator (CDE) and accredited practising dietitian (APD) in private practice in Sydney

What is a diabetes educator?

A health professional experienced in caring for people with diabetes. A credentialled diabetes educator (CDE) has completed additional studies in diabetes education, as well as a period of supervised clinical practice. CDEs also need to undertake continuing professional development.

Most diabetes educators are nurses or dietitians, but there are also podiatrists, exercise physiologists, pharmacists and GPs who are CDEs.



How can a diabetes educator help me?

There is a range of health professionals who can advise you, but most of the day-to-day management of your diabetes is up to you. A diabetes educator will help you to learn about diabetes and the various aspects of self-management, from lifestyle changes to monitoring and medications, so you can become an expert in the management of your own condition.

Where can I find a diabetes educator and what does it cost?

You can find a CDE in hospitals or in private practice. In a public hospital there is no charge, but due to growing demand some CDEs provide only group sessions, although they may offer an individual follow-up. Check with your local hospital to see what services it provides.

Alternatively, you can see a diabetes educator in private practice, where you will pay a fee for their service. You may be able to claim some of the cost back through your private health insurance, or through Medicare if you have a specific referral from your GP.

To find a CDE in your area, visit adea.com.au/find-a-cde

What made you want to become a diabetes educator?

My own diagnosis of type 1 diabetes at the age of 10 inspired me to study dietetics and then diabetes education, with the aim of helping others with diabetes.

OUR EXPERTS

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW.
drsultanlinjawi.com

Christine Armarego
Exercise physiologist
At her clinic, Christine focuses on exercise as a way to improve BGLs.
theglucoseclub.com.au

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre.
mendpsychology.com.au

Dr Angus Turner
Ophthalmologist
Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA.
outbackvision.com.au

Danielle Veldhoen
Podiatrist
Danielle works at the Diabetes Centre at Royal Prince Alfred Hospital.

Dr Gary Deed
General practitioner
Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane. ■

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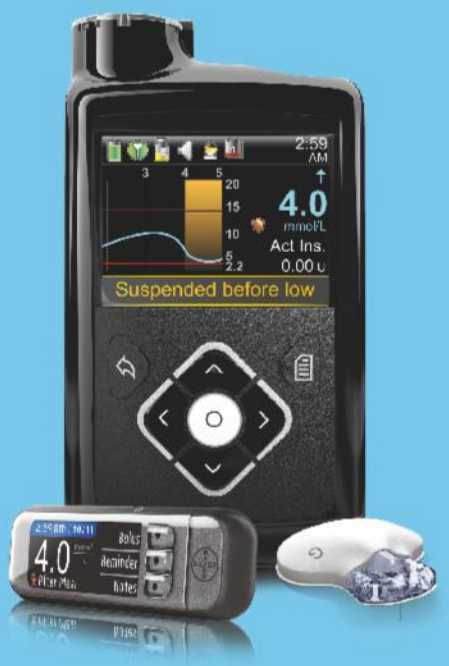
Naomi, Xavier's mother, WA



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star letter

ANOTHER CURE

I have type 2 diabetes and was diagnosed in December 2008. Since then, I have become a regular reader of *Diabetic Living*. I'm now 75 and I hope that more research will be done so that one day a cure will be found. Meanwhile, I want a 'cure' for very dry skin – preferably a gentle liquid soap and a good skin lotion. I have found two lotions that I use regularly but I'm still searching for one that will really help ease dry arms and legs caused by diabetes.
Douglas Elliott, Qld

WINNING DIET

I was diagnosed with type 2 in 2000. Despite regular walking and swimming, my weight and blood glucose levels (BGLs) kept climbing. Naturally, I felt a bit depressed when my doctor said I needed to increase my medication. Then I tried Dr Michael Mosley's Blood Sugar Diet for two weeks and lost 2kg. My dietitian suggested I stay on it for a few months and keep monitoring my BGLs. Eight weeks later I had lost 8kg, my BMI (body mass index) had gone from 26.4 down to 24.1 and I looked and felt great. I'm still on medication for a heart problem but I hope to live into my late nineties!
Lyn Byron, Qld

SITTING IT OUT

I'm wondering if you have any suggestions about exercises that I can do. I have a back problem and knee injury, and have been told to exercise while sitting down or in water.
Bronwyn Trotter, via email

Editor's note: *Congratulations on committing to exercise despite your injuries! I'm pleased to report we've included a sitting workout on page 110, part of our* Small Changes Big Results *special. However, because of your back and knee problems, please seek professional advice first. You could also try swimming with a pool buoy, a device held between your legs to help you float as you use your arms to swim. Exercising in water eliminates the effects of gravity, reduces the impact on your joints and provides resistance.*

BOOST THE JUICE

I just love the recipes in this magazine but would like to see more about juicing as I own a cold-press juicer and love my fruit. Fresh juices can help with blood pressure, cholesterol, digestion and more. I would like more information on the amount of sugar in the juices and how much to consume.
Theo van der Pol, NSW

LETTERS MAY BE EDITED FOR SPACE REASONS

Like it

Join the conversation on Facebook…

Good-life tip

Don't feel guilty about having diabetes and remember to just take one day at a time. It takes a while to get used to.

– Bauntai Leise

YEAH, BABY!

I'm 32 weeks pregnant and was diagnosed with gestational diabetes at 16 weeks. One positive? I've lost about 10kg from the strict diet I've been following!

– Renae Campbell

Cool for school

There is a definite market for a diabetic camp with exercise sessions and classes on how to cook the right food the right way.

– Cherylee Cook

SHOW ME THE MONEY

Everything related to diabetes care should be subsidised, including pumps and all the supplies that go with them.

– Heather A.C. Fergus

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14

THAT'S HOW MANY TEASPOONS OF SUGAR AUSTRALIANS CONSUME A DAY – MORE THAN DOUBLE THE AMOUNT RECOMMENDED BY THE WORLD HEALTH ORGANIZATION (WHO). INSTANT FIX? AVOID SOFT DRINKS, SPORTS DRINKS AND JUICE, OR CONSIDER USING A SWEETENER SUCH AS EQUAL'S NEW LIQUID RANGE, SIMPLY SWEET AND VERY VANILLA.

PHOTOGRAPHY GETTY IMAGES

Easier, cheaper!

Good news for many of the 20,000 Australians living with type 2 who use injectables: a new treatment has been placed on the Pharmaceutical Benefits Scheme (PBS) that allows people with type 2 to swap daily injections for just one weekly treatment, saving about $1600 a year. It has the Diabetes Australia tick of approval, so ask your GP or diabetes educator for details.

Helping hands

A $1 million donation by Sydney physician Dr Ranji Wikramanayake and his wife, Amara, will fund research into diabetes. The initiative was launched at the joint Australian Diabetes Society (ADS) and Australian Diabetes Educators Association (ADEA) Annual Scientific Meeting, held in August. The donation will fund an annual grant for researchers seeking a cure.

Awards for Credentialled Diabetes Educator of the Year were also handed out to Kirrily Chambers, a South Australian pharmacist, and Ann Morris, a nurse from rural Victoria.

Ask DR LINJAWI

What is hypo unawareness and what can I do to help prevent it?

A: When blood glucose levels (BGLs) drop, you'll usually experience hunger, tiredness, confusion, shaking, sweating, increased heart rate and numbness around the lips. 'Hypo unawareness' is when you stop getting these symptoms of hypoglycaemia, and if BGLs keep dropping it can lead to seizure, coma or even death. To become more hypo aware:

- **Record BGLs** for at least a week: on waking, before and two hours after meals, before and after exercise, before bed and once overnight.
- **Have your support team** assess this record. Make changes to your insulin/medication if needed.
- **Consult a GP** or diabetes educator then aim for 2-3 weeks of higher BGLs – this can improve hypo awareness.
- **See a dietitian** who specialises in diabetes to help you adjust the amount, timing and effect of the carbs and protein you eat. ➤

Dr Sultan Linjawi, endocrinologist
Read more from Dr Linjawi on Facebook and at his website drsultanlinjawi.com

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Starry eyed

Dr Kate Marsh explains what those little icons on packaged foods mean

Packaged foods in supermarkets now have a new Health Star Rating labelling system, which gives each food a nutritional 'mark' from half a star to five stars – the more stars, the healthier the product.

These ratings are based on the energy (kilojoule) content of the food, the amount of 'risk' nutrients (saturated fat, sodium or salt, and sugar) and 'positive' nutrients, including dietary fibre and protein, as well as how many fruits and vegetables, nuts and legumes are in the product.

It's still best to read the ingredient lists and nutrition panels, but the stars give you a good idea at a glance. Find out more at healthstarrating.gov.au

Go nuts

It's time to make friends with almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. Why? They're heart-healthy, full of good fats, and studies show that eating tree nuts reduces your risk of heart disease and type 2 diabetes.

Just three snack-sized servings of nuts a week is ideal for people with diabetes as well as those wanting to reduce their risk of type 2.

Ask DR MARSH

I've been diagnosed with type 1 – how do I count my carbs?

A: If you take insulin, it's important to match your doses with the amount of carbohydrate you eat. To quantify this amount, add up the total number of grams of carbs you eat, or count the number of 'exchanges' (or 'portions') of carbs in your meals and snacks.

An exchange is the amount of food that contains 15g of carbs (some people use 10g). One average slice of bread, one medium orange and ¼ cup rolled oats contain one carb exchange. If you ate any of these, you'd need the same amount of insulin.

To work out carb amounts, use:

- Nutrition labels on packaged foods
- Carb-counting books such as *The Traffic Light Guide to Food*
- Websites and apps that let you look up carb contents of common foods, such as calorieking.com.au
- Scales and measuring cups/spoons, especially for unpackaged foods.

A dietitian can help you master carb-counting skills and some diabetes centres run education sessions, so check with your local centre. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

Email your questions to:
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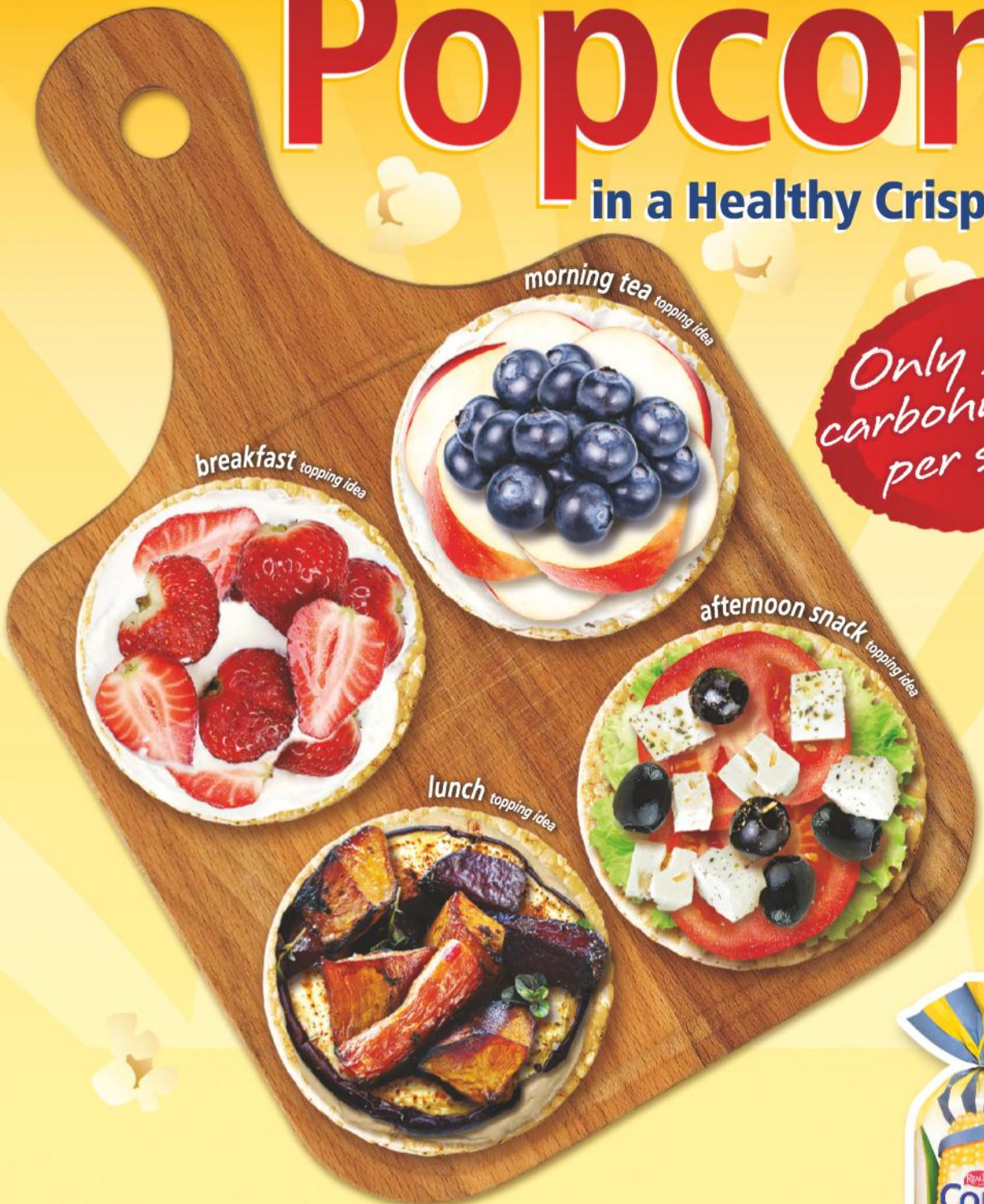
The taste of Popcorn

in a Healthy Crispbread



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10 tips to move more

Research shows that sitting for too long can increase your risk of type 2 diabetes, heart disease, obesity, some cancers, metabolic syndrome (*aka* sitting disease) and even premature death. The Australian Diabetes, Obesity and Lifestyle Study found that most of us spend 57 per cent of our time doing sedentary activities and only five per cent doing moderate-to-vigorous activities. Try these tips from the Australian Heart Foundation to get moving:

1. **Stand up** or walk when using your phone
2. **While watching TV,** do the ironing, fold laundry and get up to channel surf
3. **Try walking** or cycling to work
4. **Move more –** do yoga after work or go for an evening stroll
5. **Avoid meeting rooms** and walk laps with colleagues instead
6. **Park five minutes** away and walk, or get off the bus two stops earlier
7. **Offer your seat** to another person when on public transport
8. **Invest in** a standing desk for your home office
9. **Take the stairs** and say no to the lift
10. **Keep sports shoes** at work and go for a walk at lunchtime

Heart and soles

If cuts and abrasions on your feet stop you from exercising, poor circulation may be the culprit. See your doctor for treatment and take these steps: ● Clean feet thoroughly ● Apply dressings ● Wear diabetic socks, such as Reflexa socks, that help wounds heal faster ● Always wear comfy shoes.

Ask CHRISTINE

I am six months pregnant and have gestational diabetes. Is it safe for me to exercise?

A: If you're already active you can maintain the exercises you're doing (as long as they are safe for baby!). If not, it's best to build up your fitness gradually, aiming for regular exercise of moderate intensity. Try these:

SWIMMING is a fab cardiovascular workout and brilliant for muscular endurance. The buoyancy relieves the joints, which are under an increasing load as the pregnancy progresses. **AQUA AEROBICS** is also great and you can speed up or slow down the moves to control the intensity. **WEIGHT TRAINING** will lower your blood glucose levels (BGLs) while increasing your strength. Ask an accredited exercise physiologist to show you how to do the exercises and keep them moderate in intensity. **WALKING** is simple and effective, and you can easily control the intensity. **PILATES AND YOGA** guide you in gentle movement and relaxation skills, and teach you how to strengthen your pelvic floor muscles, which are also important after the birth. ➤

Christine Armarego,
accredited exercise physiologist

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Type 1 teen spirit

Fed up with diabetes stereotypes, a young US woman has taken to social media to tell it like it is

Dealing with misconceptions about diabetes can be frustrating, so Madeline Milzark, 18, of Missouri, tackled the problem in a very gen-Z way: she went online to promote her message about the realities of living with type 1.

Madeline was infuriated by an Instagram trend in which pictures of cakes and sweets are accompanied by the hashtag '#diabetes', suggesting – in a supposedly playful way – that those who ate them risked developing the condition.

She took to Facebook to respond, using the hashtag #WhatDiabetesReally LooksLike. Madeline wrote: 'Diabetes isn't your piece of cake, or that super-sized McDonald's meal with extra fries or anything coated with sugar. Diabetes is an 18-year-old girl sitting on her bathroom floor shaking and not able to breathe because her blood sugar has dropped and praying her grandma's phone is near her and she got the text message to bring some sugar since she's too weak to yell and the room is spinning.'

The post has been shared thousands of times and Madeline is thrilled with its effect. 'I've had so many people tell me I'm making a difference, sharing their stories with me and thanking me,' she told the BBC. 'It's so heartwarming.'

Join the conversation on Facebook or start your own.

Save the sting

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Ask ELISSA

I'm taking my son on a road trip for the first time since his type 1 diagnosis. How do I manage his diabetes while away?

A: It shouldn't differ too much from your day-to-day routine. Regular testing is a must, especially if your son is active or sitting for long periods of time. Another necessity is to ensure that all routine injections (boluses) are done.

When travelling, walking or exploring, I always make sure my son carries a case or small backpack with all his daily supplies, including insulin, pump equipment, tester, something to eat if he goes low and a glucagon injection.

With a day bag packed, your son can holiday like anybody else and have the time of his life. It's important that he doesn't just see himself as a diabetic but rather as a person who happens to have diabetes. He can do anything that a person who doesn't have diabetes can do, but with the odd finger prick or insulin injection along the way. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.

PHOTOGRAPHY GETTY IMAGES

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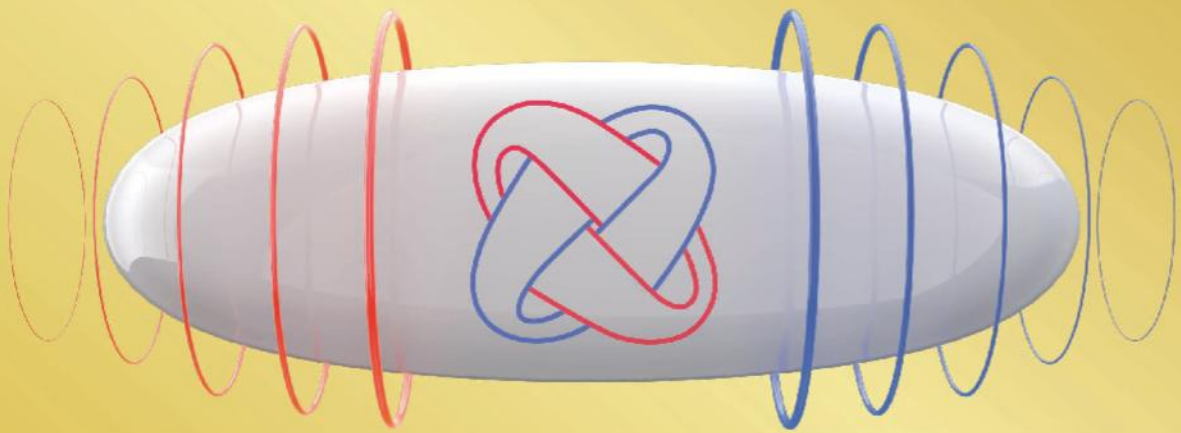

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nutrition info

PER SERVE 1214kJ, **protein** 32g, **total fat** 8.7g (sat. fat 1.4g), **carbs** 18g, **fibre** 4g, **sodium** 888mg. • **Carb exchanges** 1¼. • **GI estimate** medium. • **Gluten-free option.**

lower carb

Thai-style fish skewers

see recipe, page 22 >>

Pick-up sticks

Have some Halloween fun with ***'Fast Ed' Halmagyi's*** grown-up (and not-so-grown-up) summer finger food

Experts say, eggs are OK every day.

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eggs.org.au/OKeveryday

Unbeatable

Thai-style fish skewers

PREPARATION TIME: 15 MINS
COOKING TIME: 5 MINS
SERVES 4 (AS A LIGHT MEAL)

7 stalks lemongrass
8 cloves garlic, peeled
4cm piece ginger, peeled, chopped
600g boneless white fish fillets
2 Tbsp red curry paste or gluten-free curry paste
2 Tbsp rice flour
2 Kaffir lime leaves, finely sliced
½ cup finely chopped green beans
Freshly ground black pepper, to season
1 Tbsp vegetable oil
Mixed salad leaves, to serve

Dipping sauce

60ml (¼ cup) white vinegar
2 Tbsp sweet chilli sauce or gluten-free sweet chilli sauce
2 tsp fish sauce
1 long red chilli, deseeded, finely diced
1 Lebanese cucumber, peeled, deseeded, finely diced

1 Finely chop the white part of 1 lemongrass stalk. Put in a small food processor along with garlic and ginger and process until finely chopped. Add fish and process until smooth. Transfer mixture to a large bowl.
2 Add curry paste and rice flour and mix well. Add lime leaves and beans. Season with pepper. Mix until well combined.
3 Cut remaining lemongrass stalks in half crossways. Divide fish mixture into 12 oval-shaped portions. Using your hands, wrap 1 portion around 1 piece of lemongrass. Repeat with remaining fish mixture and lemongrass pieces. Brush skewers with oil.
4 Preheat a flat barbecue plate on medium. Add skewers and cook for 5 minutes, turning often, or until cooked through.

nutrition info
PER SERVE 333kJ, **protein** 1g, **total fat** 6.1g (sat fat 3.4g), **carbs** 4g, **fibre** 1g, **sodium** 1mg.
- **Carb exchanges** ⅓.
- **GI estimate** low.

lower carb

5 To make dipping sauce, combine all ingredients in a medium bowl.
6 Serve skewers with dipping sauce and salad leaves.

Witches' fingers

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
MAKES 24 (1 PER SERVE AS A SNACK)

90g (½ cup) medjool dates, pitted
50g (½ cup) desiccated coconut
45g (½ cup) rolled oats
70g blanched almonds
3 Tbsp coconut oil
125ml (½ cup) freshly squeezed orange juice
Extra 24 whole blanched almonds
Red food colouring gel

1 Preheat oven to 170°C (fan-forced). Line an oven tray with baking paper. Put dates, coconut, oats, 70g almonds, coconut oil and orange juice in a food processor. Cover and process until mixture forms a thick paste.
2 Divide mixture into 24 balls. Roll each ball into a finger-shaped log and arrange on prepared tray. Put an almond on one end of each finger, pushing down slightly. Brush almonds with a little red food colouring gel.
3 Bake fingers for 18 minutes or until golden brown. Set aside on the tray for 5 minutes before transferring to a wire rack to cool completely. Serve. ■

MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* and tune in to the *BHG* TV show on Channel 7. Check your local TV guide for scheduling information.

NUTRITION INFO LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ANDRE MARTIN, BENITO MARTIN
STYLING STEPHANIE SOUVLIS **FOOD PREPARATION** MANDY SINCLAIR, SARAH-JANE HALLETT

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How our food works for you
see page 86

nutrition info

PER SERVE (Roast chicken) 1309kJ, **protein** 48g, **total fat** 12.6g (sat. fat 3.2g), **carbs** 1g, **fibre** 1g, **sodium** 162mg.
- **Carb exchanges** N/A.
- **GI estimate** N/A.
- **Gluten-free option.**

PER SERVE (Potatoes) 470kJ, **protein** 3g, **total fat** 3.6g (sat. fat 0.6g), **carbs** 15g, **fibre** 3g, **sodium** 7mg.
- **Carb exchanges** 1.
- **GI estimate** low.
- **Gluten free.**

Thyme and lemon smashed potatoes

Breaking up is easy to do when it comes to these spuds. The result? A smash hit.

see recipe, page 30 >>

lower carb

gluten free

Marinated herb and garlic roast chicken

Give a family fave a party makeover – it's sure to please all chook fanciers.

see recipe, page 30 >>

Dinner *for* 8

Smoked salmon, orange and radish salad

Marinated herb and garlic roast chicken

Thyme and lemon smashed potatoes

Kale, cabbage and carrot salad

Maple-roasted pumpkin with sage and hazelnuts

Baked ricotta and berry cheesecake

Joy to the World

This ***deceptively healthy*** menu will ensure your Christmas dinner party is a cracker

For a quick and *easy drink* to complement your meal, combine a diet grapefruit soft drink with a few ribbons of cucumber and *FRAGRANT MINT* leaves

Kale, cabbage and carrot salad

Guests got the crunchies? This celebration of freshness and colour will satisfy 'em.

see recipe, page 31 >>

gluten free *lower* carb

nutrition info

PER SERVE 154kJ, **protein** 2g, **total fat** 1g (sat. fat 0.6g), **carbs** 4g, **fibre** 2g, **sodium** 17mg.

- **Carb exchanges** ⅓.
- **GI estimate** low.
- **Gluten free.**

nutrition info

PER SERVE 513kJ, **protein** 3g, **total fat** 5.7g (sat. fat 0.4g), **carbs** 14g, **fibre** 4g, **sodium** 4mg.

- **Carb exchanges** 1.
- **GI estimate** low.
- **Gluten free.**

gluten free

Maple-roasted pumpkin with sage and hazelnuts

How to improve on roast veg with syrup and spice? Add a dash of mustard dressing. Mmm…

see recipe, page 31 >>

Smoked salmon, orange and radish salad

Start with a show stopper. This dish is big on style, and thanks to the fish, substance too.

see recipe, page 30 >>

lower carb

nutrition info

PER SERVE 465kJ, **protein** 8g, **total fat** 6.2g (sat. fat 1.8g), **carbs** 5g, **fibre** 2g, **sodium** 124mg. • **Carb exchanges** ⅓.
• **GI estimate** low.
• **Gluten-free option.**

nutrition info
PER SERVE 778kJ, **protein** 11g, **total fat** 5.4g (sat. fat 2.6g), **carbs** 22g, **fibre** 3g, **sodium** 182mg.
- **Carb exchanges** 1½.
- **GI estimate** low.

Baked ricotta and berry cheesecake

Save time by making this the day before. When you're ready, simply dress and drizzle!

see recipe, page 31 >>

Smoked salmon, orange and radish salad

PREPARATION TIME: 10 MINS
COOKING TIME: NIL
SERVES 8 (AS A STARTER)

2 x 90g pkts Tassal Salt Reduced Tasmanian Smoked Salmon
3 oranges, skin and white pith removed, thinly sliced into rounds
1 bunch radishes, trimmed, thinly sliced
50g (2 cups) baby rocket leaves
50g goat's cheese, crumbled

Dressing
3 tsp extra virgin olive oil
1 tsp Dijon mustard or gluten-free mustard
1 Tbsp red wine vinegar
1 tsp caster sugar
Freshly ground black pepper, to season

1 **To make dressing,** put all ingredients in a small bowl and whisk to combine. Set aside.
2 **Arrange salmon** on a large serving platter. Top with orange, radish and rocket. Sprinkle over goat's cheese.
3 **Drizzle dressing** over salad and serve.

Marinated herb and garlic roast chicken

PREPARATION TIME: 15 MINS
PLUS 6 HOURS MARINATING
COOKING TIME: 50 MINS
SERVES 8 (AS PART OF A MAIN)

2 x 1.3kg free-range chickens, excess fat removed, patted dry with paper towel
Finely grated zest and juice of 1 orange
Finely grated zest of 1 lemon
4 cloves garlic, crushed
2 Tbsp extra virgin olive oil
½ bunch thyme leaves, finely chopped
½ bunch tarragon, finely chopped
8 kalamata olives, pitted, finely chopped
Cooking spray

Mustard dressing
Finely grated zest and juice of ½ orange
2 tsp wholegrain mustard or gluten-free mustard
2 tsp extra virgin olive oil

1 **Put chickens** in a large shallow dish. Combine orange zest and juice, lemon zest, garlic, oil, thyme, tarragon and olives in a small bowl. Pour over chickens and turn to coat. Cover and refrigerate for at least 6 hours, preferably overnight, to marinate.
2 **Preheat oven** to 200°C (fan-forced). Line a large roasting pan with baking paper. Put a wire rack in pan. Using your fingers, gently lift chicken skin around breast and push any remaining marinade mixture under skin. Tie legs together with kitchen string to secure. Put chickens on wire rack and spray with cooking spray.
3 **Roast chickens** for 50 minutes or until juices run clear when a skewer is inserted into the thickest part (around the leg).
4 **Meanwhile,** to make mustard dressing, put all ingredients in a small bowl and whisk to combine.
5 **Serve chicken** sliced and drizzled with dressing, removing skin before eating.

Thyme and lemon smashed potatoes

PREPARATION TIME: 10 MINS
PLUS 15 MINS COOLING
COOKING TIME: 40 MINS
SERVES 8 (AS AN ACCOMPANIMENT)

1kg baby Carisma potatoes, unpeeled, halved
1½ Tbsp extra virgin olive oil
3 cloves garlic, peeled, finely grated
Finely grated zest of 1 lemon
2 Tbsp finely chopped thyme leaves
½ tsp ground smoked paprika

1 **Put potato** in a large saucepan and cover with plenty of cold water. Cover and bring to the boil over a high heat. Reduce heat to medium and cook, partially covered, for 10-15 minutes or until just tender. Drain. Set aside for 15 minutes to cool.
2 **Preheat oven** to 250°C (fan-forced). Line a large roasting pan with baking paper. Put potato pieces, cut-side down, on a clean surface and use the flat of your hand to gently squash. They will break up slightly but should remain intact.
3 **Transfer to prepared pan.** Add oil, garlic, lemon zest, thyme and paprika and toss to coat. Roast for 20-25 minutes or until golden and crisp around the edges. Serve.

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

Kale, cabbage and carrot salad

PREPARATION TIME: 10 MINS
COOKING TIME: NIL
SERVES 8 (AS AN ACCOMPANIMENT)

1 large carrot, cut into thin sticks
100g (2 cups) finely shredded green cabbage
40g (2 cups) finely shredded kale
1 red capsicum, cut into thin strips
Micro herbs (optional), to serve

Dressing
3 Tbsp extra-light sour cream
Freshly squeezed juice of 1 orange
Freshly ground black pepper, to season

1 **To make dressing,** whisk all ingredients in a small bowl. Cover and refrigerate until ready to serve.
2 **Put carrot,** cabbage, kale and capsicum in a large bowl and toss to combine. Arrange salad on a serving platter or in a shallow serving bowl. Drizzle over dressing and toss to combine. Serve topped with micro herbs, if using.

Maple-roasted pumpkin with sage and hazelnuts

PREPARATION TIME: 10 MINS
COOKING TIME: 45 MINS
SERVES 8 (AS AN ACCOMPANIMENT)

750g piece butternut pumpkin, unpeeled, cut into thin wedges
2 tsp ground cumin
2 tsp ground cinnamon
2 tsp extra virgin olive oil
2 Tbsp maple syrup
3 eschalots, peeled, thinly sliced
½ bunch sage, leaves picked
50g hazelnuts, roasted, chopped
30g Ocean Spray Reduced Sugar Craisins, roughly chopped

1 **Preheat oven** to 200°C (fan-forced). Line a large roasting pan with baking paper. Put pumpkin in a large bowl. Add cumin, cinnamon, oil and 1 Tbsp maple syrup. Toss to coat. Arrange in a single layer in prepared pan. Roast for 20 minutes.
2 **Add eschalot** and sage to pan. Roast for a further 10-15 minutes.
3 **Put hazelnuts** in a small non-stick frying pan over a medium heat. Cook, stirring, for 4-5 minutes or until toasted. Add remaining maple syrup and cook, stirring, for 2 minutes or until nuts are golden.
4 **Transfer pumpkin mixture** to a serving platter. Sprinkle over hazelnuts and Craisins. Serve.

Baked ricotta and berry cheesecake

PREPARATION TIME: 25 MINS PLUS 2 HOURS COOLING AND 8 HOURS CHILLING
COOKING TIME: 1 HOUR
SERVES 12 (AS AN OCCASIONAL DESSERT)

Cooking spray
6 sponge finger biscuits, halved lengthways
500g tub Pantalica Smooth Light Ricotta Cheese
2 x 220g tubs extra-light cream cheese
110g (½ cup) caster sugar
⅓ cup Equal Spoonful
Finely grated zest of 1 large lemon
2 tsp vanilla extract
2 x 50g eggs
4 x 50g eggs, separated
2 x 125g punnets raspberries
125g punnet blueberries
250g punnet strawberries, sliced

Raspberry coulis
120g (1 cup) frozen raspberries, thawed, juices reserved
1 Tbsp icing sugar mixture
1-2 Tbsp water

1 **Preheat oven** to 140°C (fan-forced). Spray a 20cm (base measurement) springform pan with cooking spray. Line base and sides with baking paper. Arrange biscuits over base.
2 **Using electric beaters,** beat cheeses, sugar, Equal, lemon zest and vanilla in a large bowl until combined. Add 2 whole eggs and 4 egg yolks. Beat until well combined. Set aside.
3 **Using clean electric beaters,** whisk eggwhites in another bowl until soft peaks form. Add to ricotta mixture. Using a large metal spoon, fold in until just combined. Set aside. Using a fork, lightly mash 1 punnet of raspberries. Fold into ricotta mixture then pour into prepared pan. Bake for 50-60 minutes or until set.
4 **Turn off oven** and wedge a wooden spoon in door to keep ajar. Cool in oven for 1 hour. Remove and set aside in pan for 1 hour to cool. Cover with plastic wrap and refrigerate for 8 hours, preferably overnight, to chill.
5 **To make raspberry coulis,** process raspberries and juices with icing sugar until smooth. Push through a sieve into a bowl. Stir in water if needed.
6 **Transfer cheesecake** to a serving plate. Top with remaining berries, drizzle over coulis and serve. ■

Christmas biscuits

Wish upon a star, or a tree or a bauble… they're all delish!

see recipe, page 36 >>

lower carb

How our food works for you

see page 86

nutrition info

PER SERVE 266kJ, **protein** 1.3g, **total fat** 1.7g (sat. fat 0.3g), **carbs** 10.5g, **fibre** 1g, **sodium** 28mg.

- **Carb exchanges** ⅔.
- **GI estimate** medium.

All wrapped up

Spread some ***Christmas cheer*** with fabulously festive pies, puds and cakes that are made for sharing

nutrition info

PER SERVE 464kJ, **protein** 1g, **total fat** 3.6g (sat. fat 1.5g), **carbs** 18g, **fibre** 1g, **sodium** 81mg.

- **Carb exchanges** 1¼.
- **GI estimate** medium.

Cherry and apple fruit pies

Teasingly topless, these little tarts will really whet your appetite.

see recipe, page 36 >>

Mini fruit cakes

When it comes to fruity goodness, small certainly is beautiful.

see recipe, page 37 >>

nutrition info

PER SERVE 608kJ, **protein** 2g, **total fat** 1.9g (sat. fat 0.5g), **carbs** 26g, **fibre** 2g, **sodium** 45mg.

- **Carb exchanges** 1⅔.
- **GI estimate** medium.

nutrition info

PER SERVE 827kJ, **protein** 3g, **total fat** 4.2g (sat. fat 1g), **carbs** 32g, **fibre** 4g, **sodium** 156mg.
- **Carb exchanges** 2.
- **GI estimate** medium.

PER SERVE (with custard and cherry) 915kJ, **protein** 4g, **total fat** 4.4g (sat. fat 1.2g), **carbs** 35g, **fibre** 4g, **sodium** 185mg.
- **Carb exchanges** 2⅓.
- **GI estimate** medium.

Individual Christmas puddings

Dig in – no sharing required!

see recipe, page 37 >>

Christmas biscuits

PREPARATION TIME: 15 MINS PLUS 50 MINS CHILLING AND 20 MINUTES SETTING
COOKING TIME: 40 MINS
MAKES 30 (1 PER SERVE AS A SNACK)

50g egg
1 egg yolk (from 50g egg)
110g (½ cup) caster sugar
60g light margarine
1 tsp vanilla extract
160g (1 cup) wholemeal plain flour
80g (½ cup) self-raising flour
Extra flour, for dusting
60 pieces sliced almonds (skin on)
10 silver balls
5 hazelnuts, halved
3 Tbsp icing sugar mixture, sifted
½-1 tsp water

1 **Put egg** and egg yolk in a small bowl and whisk to combine. Set aside. Put caster sugar, margarine and vanilla in a medium bowl. Using a wooden spoon, mix until well combined. Add egg and flours to sugar mixture and stir until the mixture comes together to form a ball. Turn out onto a lightly floured surface and knead gently until smooth. Divide mixture into 2 and flatten into discs. Wrap in plastic wrap and refrigerate for 30 minutes to chill.
2 **Preheat oven** to 160°C (fan-forced). Line 3 oven trays with baking paper. Remove 1 piece of dough from the fridge. Roll out between 2 pieces of lightly floured baking paper until 2-3mm thick. Use an 8cm (point to point) star cutter, a 7.5cm (top to bottom) Christmas tree cutter and a 6.5cm round cutter to cut shapes out of the dough, re-rolling if necessary. Arrange shapes on prepared trays. Repeat with remaining piece of dough to make 30 biscuits in total (10 of each shape).
3 **Lightly press** a piece of almond into each point of 1 star. Push a silver ball into the middle of star. Repeat with remaining almonds, balls and stars. Push a hazelnut half into the middle of each round dough shape. Refrigerate trays for 20 minutes to chill.
4 **Transfer 2 trays** to oven and bake for 16-18 minutes or until biscuits are light golden brown. Set aside on trays for 5 minutes to cool slightly before transferring to wire racks to cool completely. Add remaining tray to oven and bake as above.
5 **Combine icing sugar** mixture and enough water to form a smooth paste. Transfer to a small resealable bag and seal. Cut a tiny hole in one corner of the bag. Use bag to pipe mixture around the edges and to make buttons down the middle of trees. Set aside for 20 minutes or until icing is set. Serve.

COOK'S TIP

You can keep the biscuits in an airtight container for up to 2 weeks.

Cherry and apple fruit pies

PREPARATION TIME: 20 MINS PLUS 30 MINS COOLING
COOKING TIME: 50 MINS
MAKES 12 (1 PER SERVE AS A SNACK OR DESSERT)

1 sheet 25% reduced-fat puff pastry, thawed
1 sheet 25% reduced-fat shortcrust pastry, thawed
50g egg, lightly whisked
Icing sugar, for dusting (optional)

Filling

1 green apple, unpeeled, cored, finely chopped
300g cherries, pitted, chopped
Finely grated zest of ½ mandarin
60ml (¼ cup) water
3 Tbsp caster sugar
½ tsp ground cinnamon

1 **To make filling,** put apple, cherry, mandarin zest, water and sugar in a medium saucepan. Cook, stirring, over a medium heat until sugar dissolves. Increase heat to high and bring to the boil. Reduce heat to medium-low and cook, covered, for 25-30 minutes or until fruit is soft and the mixture is thick and spoonable. Stir in cinnamon. Transfer to a medium bowl and set aside for 30 minutes to cool.
2 **Preheat oven** to 200°C (fan-forced). Using a 6.5cm round cutter, cut 12 rounds out of each sheet of pastry, discarding remaining pastry. Use the shortcrust rounds to line a 12-hole 30ml (1½ Tbsp) round-based patty pan. Divide cooled filling evenly between pastry cases.
3 **Using a 2.5cm fluted cutter,** cut a piece out of the middle of each puff pastry round, discarding pieces. Brush the edges of the pastry cases with a little egg. Put puff pastry circles on top and press edges to seal. Brush tops with a little egg.
4 **Reduce oven temperature** to 180°C (fan-forced). Add pies to oven and bake for 16-18 minutes or until pastry is golden brown. Set aside for 10 minutes to cool

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

slightly. Remove from pan. Serve warm or at room temperature, dusting with icing sugar, if you like.

COOK'S TIP

The pies will keep in the fridge for up to 4 days. You can reheat them in the oven if you prefer to serve them warm. Arrange on an oven tray lined with baking paper and cover loosely with foil. Bake in an oven preheated to 150°C (fan-forced) for 5-10 minutes or until heated through.

Mini fruit cakes

PREPARATION TIME: 15 MINS
PLUS 1 HOUR MACERATING
COOKING TIME: 25 MINS
MAKES 36 (2 PER SERVE AS A SNACK)

200g raisins, finely chopped
70g pkt dried blueberries, finely chopped
100g dried peaches, finely chopped
100g glacé cherries, finely chopped
100ml whisky, warmed
Cooking spray
2 x 50g eggs, lightly whisked
40g light margarine, melted and cooled
120g tub unsweetened apple puree
2 Tbsp skim milk
3 Tbsp IXL Breakfast Marmalade with Stevia
150g (1 cup) wholemeal plain flour
1 tsp baking powder
1 tsp mixed spice

1 **Put raisins,** blueberries, peach, cherry and whisky in a medium bowl and stir well. Set aside for 1 hour to macerate.

2 **Preheat oven** to 140°C (fan-forced). Spray 36 x 30ml (1½ Tbsp) mini muffin tin holes with cooking spray.

3 **Add egg,** margarine, apple puree, milk and marmalade to fruit mixture. Stir until well combined. Sift flour, baking powder and mixed spice into mixture. Stir until well combined.

4 **Divide batter** evenly between muffin tin holes. Transfer to oven and bake for 20-25 minutes or until cooked when tested with a skewer. Set aside in the tins for 5 minutes before loosening the edges with a small knife. Turn out onto a wire rack to cool completely before serving.

COOK'S TIP

These can be kept in an airtight container for up to 1 week. To freeze, wrap individually in plastic wrap and put in a resealable freezer bag, expelling any air. Label, date and freeze for up to 4 months.

Individual Christmas puddings

PREPARATION TIME: 10 MINS
PLUS 1 HOUR MACERATING
COOKING TIME: 25 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

100g pitted dried dates, finely chopped
70g pitted prunes, finely chopped
100g Freshlife Sweetened Dried Pineapple, finely chopped
3 Tbsp strawberry liqueur, warmed
Cooking spray
110g (⅔ cup) wholemeal self-raising flour
½ tsp ground cinnamon
½ tsp ground ginger
50g light margarine, melted and cooled
50g egg, lightly whisked
80ml (⅓ cup) skim milk
8 Tbsp low-fat custard, to serve (optional)
8 cherries, to serve (optional)

1 **Put dates,** prunes, pineapple and strawberry liqueur in a medium bowl and stir to combine. Set aside for 1 hour to macerate.

2 **Preheat oven** to 140°C (fan-forced). Spray 8 x 125ml (½ cup) ovenproof ramekins with cooking spray. Line bases with baking paper.

3 **Add flour,** cinnamon, ginger, margarine, egg and milk to fruit mixture and stir until well combined. Divide mixture evenly between prepared ramekins. Use a teaspoon to smooth the surfaces.

4 **Arrange ramekins** in an ovenproof dish and transfer to the oven. Carefully pour hot water into the dish, so that it comes halfway up the sides of the ramekins. Bake for 20-25 minutes or until cooked when tested with a skewer. Remove ramekins from water and set aside for 5 minutes to cool slightly.

5 **Use a small knife** to loosen puddings around the edges. Turn out puddings onto a plate then turn upright onto serving plates. Serve with custard and cherries, if using.

COOK'S TIP

You can keep the puddings in an airtight container in the fridge for up to 1 week. To freeze, wrap individually in plastic wrap and put in a resealable freezer bag, expelling any air. Label, date and freeze for up to 4 months. ■

How our food works for you
see page 86

nutrition info

PER SERVE 680kJ, **protein** 4g, **total fat** 3.5g (sat. fat 1.7g), **carbs** 29g, **fibre** 2g, **sodium** 63mg.

- **Carb exchanges** 2.
- **GI estimate** medium.

Baked Alaska

Pack your passport and head north – you might even bump into Santa.

see recipe, page 44 >>

Star Attractions

Black forest cake
The layers are divine but the cherry on the top is the mousse. Yum!
see recipe, page 44 >>

Dazzle them all with ***centrepiece treats*** that will really steal the show

nutrition info
PER SERVE 812kJ, **protein** 6g, **total fat** 6.2g (sat. fat 2.3g), **carbs** 27g, **fibre** 2g, **sodium** 206mg. • **Carb exchanges** 1¾. • **GI estimate** medium.

Berry parfait stacks

It starts with your glass half full but nature quickly takes its course…

see recipe, page 46 >>

nutrition info

PER SERVE 858kJ, **protein** 9g, **total fat** 4.6g (sat. fat 2.7g), **carbs** 30g, **fibre** 4g, **sodium** 49mg. • **Carb exchanges** 2. • **GI estimate** medium.

nutrition info

PER SERVE 579kJ, **protein** 6g, **total fat** 4.6g (sat. fat 3.2g), **carbs** 16g, **fibre** 4g, **sodium** 53mg.

- **Carb exchanges** 1.
- **GI estimate** medium.
- **Gluten free.**

gluten free

Coconut, mango and orange panna cotta

This lovely jubbly twist on tradition will really gel with your guests.

see recipe, page 46 >>

nutrition info

PER SERVE 579kJ, **protein** 3g, **total fat** 0.3g (sat. fat 0.1g), **carbs** 32g, **fibre** 0.3g, **sodium** 33mg.

- **Carb exchanges** 2.
- **GI estimate** medium.
- **Gluten-free option.**

Christmas meringue wreath

Perfect portions and a fab festive shape mean you kill two birds with one stone.

see recipe, page 47 >>

For more great recipes visit **diabeticliving.com.au**

Prep ahead for *dishy delights* that won't keep you CHAINED to the kitchen

Chocolate and lime pots

You'd be potty not to raise this glass – it's the best zest in town!

see recipe, page 47 >>

nutrition info

PER SERVE 697kJ, **protein** 6g, **total fat** 4.5g (sat. fat 2.8g), **carbs** 26g, **fibre** 1g, **sodium** 65mg.

- **Carb exchanges** 1⅔.
- **GI estimate** medium.

Baked Alaska

PREPARATION TIME: 30 MINS PLUS 6 HOURS FREEZING
COOKING TIME: 5 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

200g Blue Ribbon Light Vanilla ice-cream
50g cherries, pitted, finely chopped
1 Tbsp unsalted shelled pistachios, finely chopped
1 Tbsp desiccated coconut, toasted
Bought unfilled chocolate or vanilla round sponge
2 eggwhites (from 50g eggs), at room temperature
80g (⅓ cup) caster sugar
1 tsp vanilla extract
3 passionfruit, pulp removed

1 **Scoop ice-cream** into a bowl. Set aside for 5 minutes to soften slightly. Stir until smooth. Add cherry, pistachios and coconut. Stir until combined. Transfer to a small, shallow container and smooth the surface. Cover and freeze for 4 hours or until frozen.
2 **Line an oven tray** with baking paper. Cut a 1.5cm-thick round from 1 sponge cake, reserving remaining cake for another use. Using a 6.5cm round cutter, cut 6 rounds from sponge piece and arrange on prepared tray. Using an ice-cream scoop, take 6 small scoops out of ice-cream mixture. Put 1 scoop on top of each sponge round. Transfer to freezer and freeze for 2 hours or until ice-cream mixture is completely frozen. (Steps 1 and 2 can be done the day before.)
3 **Preheat oven** to 180°C (fan-forced). Using electric beaters, whisk eggwhites in a large bowl on medium-high until soft peaks form. Add sugar, 1 Tbsp at a time, whisking well after each addition. Increase speed to high and whisk until sugar is dissolved. Add vanilla and whisk until combined.
4 **Spoon mixture** over ice-cream stacks and use a small palette knife to cover completely, sealing around the bases. Bake for 5 minutes or until golden. Serve immediately or put in the freezer until ready to serve (you can do this a few hours ahead). Transfer to serving plates, drizzle with passionfruit and serve.

COOK'S TIP

It is quicker and easier to brown the meringue using a kitchen blowtorch, if you have one.

Black forest cake

PREPARATION TIME: 15 MINS PLUS 2 HOURS SETTING
COOKING TIME: 20 MINS
SERVES 12 (AS AN OCCASIONAL DESSERT)

30g dark chocolate, finely chopped
130g (½ cup) Vaalia French Vanilla Yoghurt, at room temperature
2 x 62g tubs Nestlé Soleil Low Fat Chocolate Mousse, at room temperature
8-10 cherries, to serve (optional)
Cocoa powder, to serve (optional)

Chocolate cake

Cooking spray
70g light margarine
80g (½ cup) brown sugar
120g tub unsweetened apple puree
2 x 50g eggs, separated
1 tsp vanilla extract
35g (⅓ cup) cocoa powder, sifted
80g (½ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
125ml (½ cup) skim milk

Filling

2 Tbsp boiling water
1 tsp powdered gelatine
125g Pantalica Smooth Light Ricotta Cheese
110g extra-light cream cheese
3 Tbsp icing sugar, sifted
70g (½ cup) drained canned cherries, halved, patted dry with paper towel

1 **To make chocolate cake,** preheat oven to 170°C (fan-forced). Spray 2 x 18cm (base measurement), 4.5cm deep round cake tins with cooking spray and line with baking paper. Using electric beaters, whisk margarine and sugar in a medium bowl until well combined. Add apple puree and whisk well. Add egg yolks and vanilla. Whisk to combine. Add cocoa powder, flours and milk. Mix until combined. Set aside.
2 **Using clean electric beaters,** whisk eggwhites in a small bowl until soft peaks form. Add to chocolate mixture. Using a large metal spoon, fold in until just combined. Divide mixture evenly between prepared tins and gently smooth the surfaces. Bake for 15 minutes or until cooked when tested with a skewer. Set aside in tins for 10 minutes before turning out onto a wire rack to cool.
3 **To make filling,** put water in a small heatproof bowl. Sprinkle over gelatine and stir until almost dissolved. Put in microwave and cook on high/100% for 10 seconds. Stir until gelatine dissolves. Set aside for 5 minutes to cool slightly.

Whisk ricotta, cream cheese and icing sugar in a medium bowl until smooth. Add gelatine mixture and whisk to combine. Cover and refrigerate for 2 hours or until set.

4 Put chocolate in a microwave bowl. Cook on medium/50% for 2-3 minutes, stirring twice, or until chocolate melts. Put yoghurt in a medium bowl. Add chocolate and gently whisk to combine. If mixture seizes transfer to microwave and cook on medium/50% for 30 seconds, then whisk until smooth. Whisk in chocolate mousse. Refrigerate mixture to firm up slightly until ready to use.

5 Put 1 cake on a serving plate. Whisk filling mixture and spread over cake. Arrange canned cherries over filling. Top with second cake. Spoon over mousse mixture. Add fresh cherries and dust with cocoa powder, if using. Serve.

nutrition info

PER SERVE 779kJ, **protein** 6g, **total fat** 1.9g (sat. fat 0.8g), **carbs** 35g, **fibre** 2g, **sodium** 175mg.

- **Carb exchanges** 2⅓.
- **GI estimate** medium.

Gingerbread and pineapple trifle

Go for gold but don't stop there! Further treasures await.

see recipe, this page

Gingerbread and pineapple trifle

PREPARATION TIME: 25 MINS PLUS 4 HOURS CHILLING
COOKING TIME: 25 MINS
SERVES 10 (AS AN OCCASIONAL DESSERT)

1½ Tbsp custard powder
2 Tbsp caster sugar
375ml (1½ cups) skim milk
1 tsp vanilla extract
60ml (¼ cup) ginger wine
60ml (¼ cup) diet dry ginger ale
½ pineapple, skin and core removed, thinly sliced
260g (1 cup) thick vanilla yoghurt
20g dried pineapple, diced

Gingerbread

Cooking spray
80g (½ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
60g (⅓ cup) brown sugar
1 tsp ground ginger
2 Tbsp treacle or golden syrup
50g egg, lightly whisked
125ml (½ cup) skim milk

1 To make gingerbread, preheat oven to 170°C (fan-forced). Spray an 18.5cm (base measurement), 3.5cm deep round cake tin with cooking spray. Line base with baking paper. Put flours, sugar and ginger in a medium bowl and stir to combine. Add treacle, egg and milk. Mix until just combined. Spoon mixture into prepared tin and smooth the surface. Bake for 15-20 minutes or until cooked when tested with a skewer. Set aside in the tin for 10 minutes to cool slightly. Turn out onto a wire rack and set aside to cool.

2 Put custard powder and sugar in a small saucepan. Whisk in milk. Cook, stirring, over a medium heat until mixture thickens and comes to a simmer. Cook, stirring, for 1 minute. Whisk in vanilla. Transfer to a bowl and cover surface with plastic wrap. Set aside.

3 Use gingerbread to cover the base of a round glass serving dish, trimming to fit if necessary. Combine ginger wine and ginger ale and drizzle over cake, pushing cake down into the dish. Lightly whisk warm custard and pour over cake. Cover and refrigerate for 4 hours to chill.

4 To serve, arrange pineapple slices over custard. Spoon over yoghurt. Top with dried pineapple and serve. ➤

Berry parfait stacks

PREPARATION TIME: 15 MINS PLUS 1 HOUR THAWING AND 2 HOURS CHILLING
COOKING TIME: NIL
SERVES 4 (AS AN OCCASIONAL DESSERT)

500g mixed frozen berries
Pinch ground cinnamon
1 Tbsp icing sugar
260g (1 cup) Chobani Lightly Sweetened Yogurt
60g (¼ cup) extra-light sour cream
¼ tsp vanilla bean paste
7 sponge finger biscuits, chopped
5g dark chocolate, grated, to serve

1 **Put 125g of the berries** in a bowl and set aside to thaw (reserving juices). Put remaining berries on a plate lined with paper towel. Sprinkle with a pinch of cinnamon. Set aside for 1 hour to thaw.
2 **Put the 125g thawed berries** and juices in a small food processor. Add sugar. Cover and process until smooth. Push through a fine sieve into a small bowl, discarding solids. Set aside.
3 **Whisk yoghurt,** sour cream and vanilla in a small bowl until smooth.
4 **Spoon half** the yoghurt mixture between 2 serving glasses. Drizzle with a little berry puree and sprinkle with some of the thawed whole berries. Divide remaining yoghurt mixture between glasses, followed by remaining berry puree. Sprinkle with biscuit and finish with remaining whole berries. Put on a tray and refrigerate for at least 2 hours (or overnight). Sprinkle with chocolate and serve.

COOK'S TIP

We have presented our parfaits in 2 large glasses to serve 4 as a shared dessert. If you'd prefer to make individual portions, simply divide layers between 4 smaller glasses.

Coconut, mango and orange panna cotta

PREPARATION TIME: 15 MINS PLUS 6 HOURS 45 MINS CHILLING
COOKING TIME: 5 MINS
SERVES 8 (AS A DESSERT)

9g sachet Aeroplane Jelly Lite Orange Mango Flavour
250ml (1 cup) boiling water
100g mango flesh, pureed
450g tub Chobani Coconut Blended Yoghurt
500ml (2 cups) VitaSoy Coco-nut Milk
2 Tbsp caster sugar
Extra 80ml (⅓ cup) boiling water
3 tsp powdered gelatine
2 oranges, segments removed, chopped
3 passionfruit, pulp removed
2 Tbsp coconut chips, toasted

1 **Put 8 x 160ml (⅔ cup)** dariole moulds or dishes on a tray. Put jelly crystals in a heatproof jug. Pour over boiling water and stir until crystals dissolve. Add mango and enough cold water to make 500ml (2 cups). Pour mixture evenly between moulds. Refrigerate for 30-45 minutes or until jelly begins to set.
2 **Whisk yoghurt** and coconut milk in a large jug. Set aside. Put sugar and extra water in a small heatproof bowl. Sprinkle over gelatine and stir until almost dissolved. Put

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** KRISTEN WILSON **FOOD PREPARATION** BRETT SARGENT

gelatine mixture in microwave and cook on high/100% for 10 seconds. Stir until gelatine dissolves. Set aside for 10 minutes to cool slightly. Whisk gelatine mixture into yoghurt mixture. Pour evenly over jelly. Refrigerate for 6 hours or until set.
3 Dip moulds in hot water for a few seconds then turn out onto serving plates. Top with orange pieces and drizzle with passionfruit. Sprinkle with coconut chips and serve.

Christmas meringue wreath

PREPARATION TIME: 15 MINS PLUS 1 HOUR COOLING
COOKING TIME: 1 HOUR
SERVES 8 (AS A DESSERT)

4 eggwhites (from 50g eggs), at room temperature
220g (1 cup) caster sugar
1 Tbsp cornflour or gluten-free cornflour
70g (½ cup) frozen cherries, thawed, juice reserved
2 tsp icing sugar or gluten-free icing sugar
Extra icing sugar, for dusting, to serve (optional)
90g (⅓ cup) thick low-fat vanilla yoghurt
4 cherries, pitted, halved
Mint leaves, to serve

1 Preheat oven to 100°C (fan-forced). Line an oven tray with baking paper. Draw a 20cm circle on the paper with a black texta. Use a round 7.5cm cutter to draw 8 small circles around the circle, making sure circles touch each other. Put paper, texta side-down, onto prepared tray.
2 Using electric beaters or a mixer, whisk eggwhites in a large bowl on medium-high until soft peaks form. Add sugar, 1 Tbsp at a time, whisking well after each addition. Increase speed to high and whisk until sugar is dissolved. Add cornflour and whisk until combined.
3 Transfer mixture to a large piping bag fitted with a large plain tube. Using the diagram as a guide, pipe 8 rounds around the edge of the large circle, making sure each one touches the next so they join when cooked. Bake for 1 hour. Turn off oven and use a wooden spoon to hold the door ajar. Leave to cool in oven for 1 hour.
4 Put thawed cherries and juice and icing sugar in a small food processor. Cover and process until smooth. Push mixture through a fine sieve into a small bowl, discarding solids. Set aside.
5 Carefully transfer meringue wreath to a serving plate (don't worry if it comes apart slightly – just sit it back together). Dust with extra icing sugar, if using. Spoon a little yoghurt on top of each meringue. Top with half a cherry and a mint leaf. Drizzle over cherry puree and serve.

Chocolate and lime pots

PREPARATION TIME: 15 MINS PLUS 20 MINS COOLING AND 8 HOURS CHILLING
COOKING TIME: 5 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

50g dark chocolate, finely chopped
80ml (⅓ cup) light thickened cream
1 Tbsp dark brown sugar
1 Tbsp cocoa powder, sifted
520g (2 cups) low-fat vanilla yoghurt
1 tsp vanilla extract
Finely grated zest of 1 lime
60ml (¼ cup) boiling water
2 tsp powdered gelatine
2 eggwhites (from 50g eggs), at room temperature
80g (⅓ cup) caster sugar
2 Tbsp thick vanilla yoghurt
Extra lime zest, to serve

1 Put chocolate, cream, brown sugar and cocoa powder in a saucepan. Cook, stirring, over a low heat for 3-4 minutes or until chocolate melts and the mixture is well combined. Add yoghurt and whisk over a low heat until well combined. Remove pan from heat and whisk in vanilla and lime zest. Transfer to a bowl. Set aside for 20 minutes to cool.
2 Put water in a small heatproof bowl. Sprinkle over gelatine and stir until almost dissolved. Put gelatine mixture in microwave and cook on high/100% for 10 seconds. Stir until gelatine dissolves. Set aside for 5 minutes to cool slightly. Add gelatine mixture to yoghurt mixture and stir until combined. Set aside.
3 Using electric beaters, whisk eggwhites in a large bowl on medium-high until soft peaks form. Add caster sugar, 1 Tbsp at a time, whisking well after each addition. Increase speed to high and whisk until sugar is dissolved. Add a large spoonful of eggwhite mixture to yoghurt mixture and stir until well combined. Add remaining eggwhite mixture and fold in until combined. Divide mixture between 8 small glasses. Put on a tray and refrigerate for 8 hours or until completely cold.
4 Top each pot with 1 tsp yoghurt. Sprinkle with extra zest. Serve. ■

7days, 7dinners

We've taken the stress out of your weekly planning. Just shop with our grocery list and follow these healthy recipes. ***Too easy!***

Monday

Coconut chicken and cashew curry

This gets an A for aromas (and you'll go nuts over the noodles).

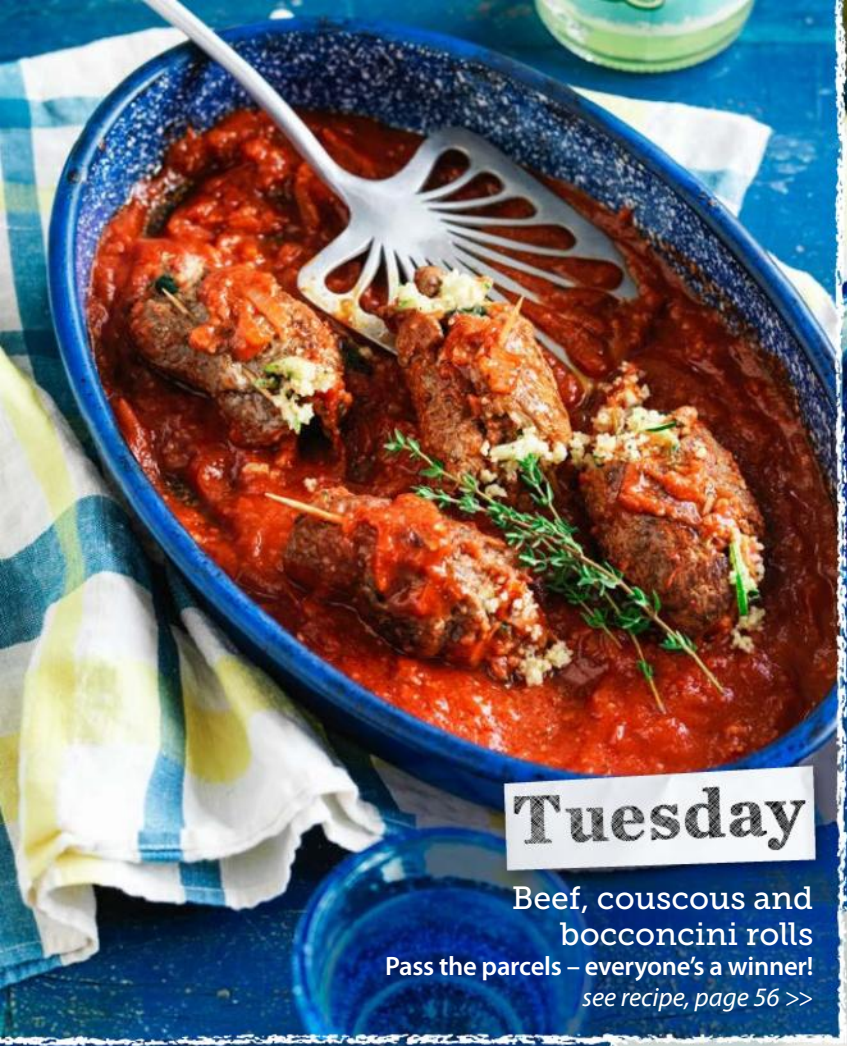
see recipe, page 56 >>

nutrition info

PER SERVE 1861kJ, **protein** 34g, **total fat** 14.9g (sat. fat 5.9g), **carbs** 40g, **fibre** 9g, **sodium** 380mg.

- **Carb exchanges** 2⅔.
- **GI estimate** medium.
- **Gluten free.**

gluten free



Tuesday

Beef, couscous and bocconcini rolls

Pass the parcels – everyone's a winner!

see recipe, page 56 >>

How our food works for you

see page 86

nutrition info

Left: **PER SERVE** 2076kJ, **protein** 35g, **total fat** 16g (sat. fat 5.2g), **carbs** 46g, **fibre** 13g, **sodium** 517mg.
- **Carb exchanges** 3.
- **GI estimate** medium.

Below: **PER SERVE** 1905kJ, **protein** 21g, **total fat** 15.8g (sat. fat 3.5g), **carbs** 52g, **fibre** 9g, **sodium** 302mg.
- **Carb exchanges** 3½.
- **GI estimate** low.
- **Gluten-free option.**

Leftovers

GROCERIES

Rice stick noodles: Add to soups or cook to toss in stir-fries and salads.

Polenta: Cook with a combination of milk and salt-reduced stock and serve in place of rice or potatoes.

Coconut milk: Stir into pumpkin soup to serve or use in cakes or desserts.

Cranberry sauce: Spread on bread and serve with lean chicken, iceberg lettuce, tomato and reduced-fat Swiss cheese.

Capers: Add to pasta sauces and salads or chop and use in dressings with lemon and extra virgin olive oil.

Semi-dried tomatoes: Add to salads or sandwiches, or make a pesto by blitzing a few with basil leaves, lemon zest and juice, cashews or pine nuts and a little grated parmesan.

Za'atar spice blend: Use to coat lamb, beef or chicken before cooking.

Passata: Spread over pizza bases or add to vegie soups.

Wednesday

Creamy mushroom and parmesan pasta

Hints of cranberry and mustard make this midweek meat-free star stand out.

see recipe, page 56 >>

Thursday

Middle Eastern lamb kebabs with tomato salad

However you choose to dip or roll, it's heaven on a stick.

see recipe, page 57 >>

nutrition info

PER SERVE 2012kJ, **protein** 41g, **total fat** 13.5g (sat. fat 4.1g), **carbs** 42g, **fibre** 9g, **sodium** 628mg.

- **Carb exchanges** 2¾.
- **GI estimate** medium.
- **Gluten-free option.**

Friday

gluten free

Vegetarian arancini-style pies

Go on, rice to the occasion!

recipe, page 57 >>

nutrition info

Left: **PER SERVE** 1571kJ, **protein** 21g, **total fat** 12.5g (sat. fat 4.5g), **carbs** 39g, **fibre** 10g, **sodium** 638mg.
- **Carb exchanges** 2⅔.
- **GI estimate** medium.
- **Gluten free.**

Below: **PER SERVE** 1662kJ, **protein** 35g, **total fat** 13.3g (sat. fat 5g), **carbs** 30g, **fibre** 6g, **sodium** 329mg.
- **Carb exchanges** 2.
- **GI estimate** medium.
- **Gluten free.**

Leftovers

VEGETABLES AND HERBS

Leek: Use in soups and casseroles or roast with spuds and other veg.

Thyme: Add a sprinkle to soups, pasta dishes, frittatas and omelettes.

CHILLED

Bocconcini: Tear and toss in salads or pasta dishes, or thinly slice to add to fresh or toasted sandwiches.

FREEZER

Frozen peas: Add a handful when cooking potato or sweet potato, then mash. Peas are also perfect in frittatas, omelettes and casseroles, or blanch and toss in salads.

PANTRY

Pita bread: Use as a pizza base – spread with leftover passata, top with veg and torn bocconcini, then bake until just crisp.

Saturday

Chicken and rice salad lettuce cups

Get the scoop on this dinner winner – your cups will runneth over!

see recipe, page 58 >>

gluten free

Sunday

Polenta-crusted fish with beetroot chips

Give a classic a twist that cranks up the crunch factor.

see recipe, page 58 >>

nutrition info

PER SERVE 1995kJ, **protein** 42g, **total fat** 12.2g (sat. fat 2.2g), **carbs** 44g, **fibre** 11g, **sodium** 546mg.

- **Carb exchanges** 3.
- **GI estimate** low.
- **Gluten-free option.**

The right stuff

If you find it hard to fit the recommended five serves of veg and two serves of fruit into your day, try these deliciously clever ideas from *DL* dietitian Lisa Urquhart

Breakfast

Goodbye winter porridge and hello fresh fruit salad topped with low-fat Greek-style plain yoghurt. Try lower-carb fruit options, such as berries, passionfruit and melons, to keep those sugars steady.

And what about a little vegie delight? Avocado, baby spinach and grilled mushrooms on multigrain toast will put you well on the way to getting your five serves for the day.

Lunch

Move over soup season and bring on summer salads! Mix up your regular tomato/cucumber combo by adding canned beans or chickpeas (rinsed and drained), nuts, avocado and pickled or dried vegies, such as gherkins or sun-dried tomatoes.

Homemade vegetable pizzas, stuffed mushrooms, wraps and frittatas add variety and fit more veg into your day, too!

A piece of fruit after lunch means you'll finish on a sweet note without lots of added sugar.

Dinner

The great Aussie barbecue is legendary, so try tossing on some mushrooms, onion, eggplant, zucchini and pumpkin for a twist on tradition. Aim to fill half your plate with low-starch vegetables each night (this covers most vegies apart from potato, sweet potato, corn and pumpkin) and you'll be on the right track.

Using no-added-salt passata or tomato puree is another great way to up your vegie intake and boost flavour!

Snacks

Fruit and veg make great snacks, too. Serve cucumber, celery and carrot sticks with low-fat dips or enjoy fresh fruit on its own or with a dollop of Greek-style yoghurt.

Your shopping list

GROCERIES

- ☐ 200g pkt dried rice stick noodles
- ☐ 450g pkt polenta
- ☐ 500g pkt arborio rice
- ☐ 150g pkt unsalted dry roasted cashews
- ☐ 150g pkt hazelnuts
- ☐ 400ml can TCC Light Coconut Milk
- ☐ 185ml can Carnation Light & Creamy Evaporated Milk
- ☐ 275g jar jellied cranberry sauce
- ☐ 110g jar baby capers in vinegar
- ☐ 100g container Izhiman Za'atar Authentic Middle Eastern Spice Blend
- ☐ 270g jar Sandhurst Lite Semi-Dried Tomatoes
- ☐ 690g jar Coles Italian Passata

FRUIT AND VEGETABLES

- ☐ 2 small brown onions
- ☐ 1 red onion
- ☐ 1 leek
- ☐ 150g green beans
- ☐ 3 large zucchini
- ☐ 1 red capsicum
- ☐ 500g beetroot
- ☐ 200g Swiss brown mushrooms
- ☐ 125g button mushrooms
- ☐ 3 small tomatoes
- ☐ 1 Lebanese cucumber
- ☐ 130g snow peas
- ☐ 2 limes
- ☐ 2 lemons
- ☐ 30g baby spinach leaves
- ☐ 100g mixed salad leaves
- ☐ 1 iceberg lettuce
- ☐ 300g pkt Salad Fresh Kale Slaw
- ☐ 1 bunch coriander
- ☐ 1 bunch thyme

CHILLED

- ☐ 150g tub Chobani Mezé Dip Herbed Tzatziki
- ☐ 200g tub cherry bocconcini

FREEZER

- ☐ 500g pkt frozen peas

MEAT AND SEAFOOD

- ☐ 400g skinless chicken breast fillet
- ☐ 2 x 125g lamb leg steaks
- ☐ 200g piece beef rump steak
- ☐ 300g boneless flathead fillets

BAKERY

- ☐ 6-pack wholemeal pita bread pockets

HAVE AT HOME

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Olive oil cooking spray
- ☐ 6 cloves garlic
- ☐ Freshly ground black pepper
- ☐ Massel Salt Reduced Chicken Style Stock Powder
- ☐ Dijon mustard
- ☐ Balsamic glaze
- ☐ Wholemeal plain flour
- ☐ Ground garam masala
- ☐ Ground turmeric
- ☐ Fish sauce
- ☐ Couscous
- ☐ Parmesan
- ☐ Brown sugar
- ☐ 80g dried pasta
- ☐ 3 x 50g eggs
- ☐ Low-fat milk
- ☐ 97% fat-free mayonnaise

Coconut chicken and cashew curry

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A MAIN)

½ tsp olive oil
1 small brown onion, halved, thinly sliced lengthways
200g skinless chicken breast fillet, cut into 3cm cubes
2 tsp ground garam masala
½ tsp ground turmeric
Pinch ground chillies (optional)
25g unsalted dry roasted cashews, finely chopped
125ml (½ cup) TCC Light Coconut Milk
½ tsp Massel Salt Reduced Chicken Style Stock Powder
80ml (⅓ cup) boiling water
150g green beans, trimmed, diagonally sliced
1 large zucchini, cut into 2.5cm chunks
60g dried rice stick noodles
1 tsp fish sauce
Freshly squeezed juice of ½ lime
1 Tbsp brown sugar
Coriander leaves, to serve

1 **Heat oil** in a large wok over a medium heat. Add onion and cook, stirring, for 6-7 minutes or until onion begins to soften. Add chicken and spices. Increase heat to high and cook, stirring, for 1-2 minutes or until chicken changes colour. Add cashews, coconut milk and combined stock powder and water. Cover and bring to a simmer over a medium heat.
2 **Reduce heat** to medium-low and cook, covered, for 5 minutes, stirring once. Add beans and zucchini. Cook, uncovered, for a further 10 minutes or until vegetables are just tender and chicken is cooked through.
3 **Meanwhile,** cook noodles in a small saucepan of boiling water for 3-4 minutes or until tender. Drain well and set aside.
4 **Add noodles** to chicken mixture and toss to combine. Add fish sauce, lime juice and sugar and stir to combine. Divide mixture between shallow serving bowls. Sprinkle over coriander leaves and serve.

Beef, couscous and bocconcini rolls

PREPARATION TIME: 15 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

200g piece beef rump steak, trimmed of fat
50g (¼ cup) couscous
100ml boiling water
1 tsp extra virgin olive oil
1 large zucchini, coarsely grated, excess moisture squeezed out
40g Sandhurst Lite Semi-Dried Tomatoes, finely chopped
30g baby spinach leaves
40g cherry bocconcini, finely chopped
½ small brown onion, finely chopped
2 cloves garlic, crushed
400ml Coles Italian Passata
Freshly ground black pepper, to serve
Thyme sprigs, to serve (optional)

1 **Cut beef crossways** into 2 pieces. Using a mallet, flatten until very thin. Cut each piece into 2 to make a total of 4 rectangular pieces.
2 **Put couscous** and water in a medium heatproof bowl. Cover with a plate and set aside for 2-3 minutes or until water is absorbed. Heat half the oil in a medium non-stick frying pan over a medium heat. Add zucchini and tomato and cook, stirring, for 2 minutes. Add spinach and cook, tossing, until spinach begins to wilt. Add zucchini mixture to couscous, along with bocconcini. Stir to combine. Divide filling between beef pieces, then roll up to enclose, securing each with a toothpick.
3 **Heat remaining oil** in the same frying pan over a medium heat. Add onion and garlic and cook, stirring, for 5-6 minutes or until onion begins to soften. Add passata and stir to combine. Add beef rolls to pan and cook, covered, over a medium-low heat, for 7-8 minutes or until beef is just cooked. Divide between serving plates, sprinkle over pepper and serve with thyme, if using.

COOK'S TIP

You can use chicken breast fillet instead of beef and grated light mozzarella in place of bocconcini.

Creamy mushroom and parmesan pasta

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

80g dried pasta spirals or gluten-free pasta
1 tsp extra virgin olive oil
½ leek, thinly sliced into rounds

200g Swiss brown mushrooms, thickly sliced
2 cloves garlic, finely chopped
1 Tbsp thyme leaves
1 Tbsp wholemeal plain flour or gluten-free flour
185ml can Carnation Light & Creamy Evaporated Milk
60ml (¼ cup) water
1 Tbsp jellied cranberry sauce
2 tsp Dijon mustard or gluten-free mustard
20g hazelnuts, roasted, chopped
10g parmesan shavings
Freshly ground black pepper, to serve
Extra thyme leaves, to serve
50g (2 cups) mixed salad leaves, to serve
Balsamic glaze, to serve

1 **Cook pasta** in a medium saucepan of boiling water, following pack instructions or until al dente. Drain, reserving 60ml (¼ cup) of cooking liquid.
2 **Meanwhile,** heat oil in a large non-stick frying pan over a medium-high heat. Add leek, mushroom, garlic and thyme. Stir well. Reduce heat to medium-low and cook, stirring occasionally, for 8-10 minutes or until leek is soft.
3 **Add flour** and increase heat to high. Cook, stirring, for 1 minute. Add milk, water, cranberry sauce and mustard. Cook, stirring, until mixture thickens and comes to a simmer. Cook, stirring, for 1 minute.
4 **Return pasta** to saucepan along with reserved cooking liquid. Add mushroom mixture and toss to combine. Divide mixture between shallow serving bowls. Sprinkle over hazelnuts, parmesan, pepper and extra thyme. Serve with salad leaves drizzled with balsamic glaze.

COOK'S TIP

Button mushrooms can be used instead of Swiss and a small brown onion can be substituted for leek.

Middle Eastern lamb kebabs with tomato salad

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

Olive oil cooking spray
2 x 125g lamb leg steaks, trimmed of fat, cut into 2cm cubes
3 tsp Izhiman Za'atar Authentic Middle Eastern Spice Blend
2 small wholemeal pita bread rounds or gluten-free pita breads
100g Chobani Mezé Dip Herbed Tzatziki
Lemon wedges, to serve

Tomato salad
3 small tomatoes, cut into wedges
¼ red onion, cut into thin slices
½ red capsicum, roughly chopped
1 tsp extra virgin olive oil
Freshly squeezed juice of ½ lemon
1 tsp Izhiman Za'atar Authentic Middle Eastern Spice Blend

1 **To make tomato salad,** put all ingredients in a medium bowl and toss to combine. Set aside.
2 **Spray lamb** with cooking spray and toss in spice mix. Set aside for 10 minutes to marinate. Divide lamb between 6 small metal or wooden skewers (see Cook's tip).
3 **Preheat a flat chargrill plate** on medium-high. Lightly spray both sides of bread with cooking spray. Add to chargrill and cook for 1-2 minutes on each side or until toasted. Break into pieces and set aside. Spray skewers with cooking spray and add to chargrill. Cook, turning occasionally, for 3-4 minutes or until lamb is just cooked.
4 **Divide kebabs** between serving plates. Serve with grilled bread, dip, lemon wedges and tomato salad.

COOK'S TIP

If you have wooden skewers, soak them in cold water for 30 minutes before using.

Vegetarian arancini-style pies

PREPARATION TIME: 15 MINS
COOKING TIME: 55 MINS
SERVES 2 (AS A MAIN)

1 tsp extra virgin olive oil
¾ red onion, finely chopped
125g button mushrooms, finely chopped
2 cloves garlic, crushed
55g (¼ cup) arborio rice
1 tsp Massel Salt Reduced Chicken Style Stock Powder
185ml (¾ cup) boiling water
1 large zucchini, coarsely grated, excess moisture squeezed out
80g (½ cup) frozen peas
2 tsp thyme leaves
Cooking spray
2 x 50g eggs, lightly whisked
30g parmesan, finely grated
Freshly ground black pepper, to season
100g Salad Fresh Kale Slaw
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
2 tsp freshly squeezed lemon juice

1 **Heat oil** in a medium saucepan over a medium heat. Add onion, mushroom and garlic. Cook, stirring, for 6-7 minutes or until soft. Increase heat to high, add rice and cook, stirring, for 2 minutes. ➤

2 Combine stock powder and water and add to pan. Bring to a simmer over a medium heat and cook, covered, for 12 minutes. Add zucchini, peas and thyme and cook, covered, for 2-3 minutes or until liquid is absorbed and rice is tender. Transfer to a bowl and set aside for 10 minutes to cool.
3 Preheat oven to 180°C (fan-forced). Spray 2 x 250ml (1 cup) ovenproof ramekins with cooking spray. Line bases with baking paper. Add egg, parmesan and pepper to rice mixture and stir well to combine. Spoon mixture evenly between prepared ramekins and smooth the surface. Bake for 30 minutes or until set. Set aside in ramekins for 10 minutes.
4 Toss slaw with mayonnaise and lemon juice. Loosen pie edges with a knife and turn out. Remove baking paper and invert onto serving plates. Serve with slaw mixture.

COOK'S TIP

Can't find kale slaw? Replace it with a raw coleslaw mix.

Chicken and rice salad lettuce cups

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

55g (¼ cup) arborio rice
Olive oil cooking spray
200g skinless chicken breast fillet, split in half lengthways
½ red capsicum, seeds discarded
2 tsp Izhiman Za'atar Authentic Middle Eastern Spice Blend
100g Salad Fresh Kale Slaw
80g snow peas, shredded
50g bocconcini, chopped
2 Tbsp Chobani Mezé Dip, Herbed Tzatziki
1 tsp extra virgin olive oil
Freshly squeezed juice of ½ lemon
6 small iceberg lettuce leaves

1 Cook rice in a small saucepan of boiling water, following pack instructions or until just tender. Drain well and set aside.
2 Meanwhile, preheat a chargrill pan on medium. Spray chicken and capsicum with cooking spray. Coat chicken in spice mix. Add chicken and capsicum to pan and cook for 2 minutes on each side or until chicken is cooked through and capsicum is slightly charred. Set aside for 5 minutes to cool slightly.
3 Chop chicken and capsicum and put in a medium bowl. Add rice, slaw, snow peas and bocconcini. Toss to combine. Set aside. Whisk together dip, oil and lemon juice. Add to chicken mixture and stir well.
4 Divide lettuce leaves between serving plates. Spoon rice mixture into leaves and serve.

Polenta-crusted fish with beetroot chips

PREPARATION TIME: 10 MINS
COOKING TIME: 40 MINS
SERVES 2 (AS A MAIN)

50g egg
2 Tbsp low-fat milk
2 Tbsp fine polenta
2 Tbsp wholemeal plain flour or gluten-free flour
300g boneless flathead fillets, cut in half lengthways if desired
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
2 tsp freshly squeezed lime juice
2 tsp drained capers, finely chopped
2 tsp finely chopped coriander
50g (2 cups) mixed salad leaves
1 Lebanese cucumber, halved lengthways, thinly sliced
50g snow peas, sliced
3 tsp olive oil
Lime wedges, to serve

Beetroot chips

500g beetroot, peeled, thinly sliced
Olive oil cooking spray

1 To make beetroot chips, preheat oven to 180°C (fan-forced). Line an oven tray with baking paper. Spread 1 layer of beetroot over prepared tray. Top with baking paper. Repeat with remaining beetroot and baking paper to make 3 layers, finishing with a piece of baking paper. Cover with a second oven tray. Bake for 25 minutes. Remove from oven and spread beetroot between the 2 lined trays. Spray with cooking spray. Bake for a further 10-15 minutes or until beetroot is slightly crisp. Set aside.
2 Meanwhile, whisk egg and milk in a shallow bowl. Combine polenta and flour on a large plate. Dip fish into egg mixture, then polenta mixture. Transfer to a plate and refrigerate until ready to cook.
3 Combine mayonnaise, lime juice, capers and coriander in a small bowl and set aside. Combine salad leaves, cucumber and snow peas in a medium bowl. Set aside.
4 Heat oil in a medium non-stick frying pan over a medium heat. Add fish and cook for 2 minutes on each side or until cooked through. Divide fish between serving plates. Serve with chips, mayonnaise mixture, salad and lime wedges. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ROB PALMER **STYLING** AMBER KELLER **FOOD PREPARATION** WENDY QUISUMBING

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Cheese and honey roasted pumpkin

Peter, Peter, pumpkin eater, here's a treat that's savoury and sweet.

see recipe, page 64 >>

gluten free

How our food works for you

see page 86

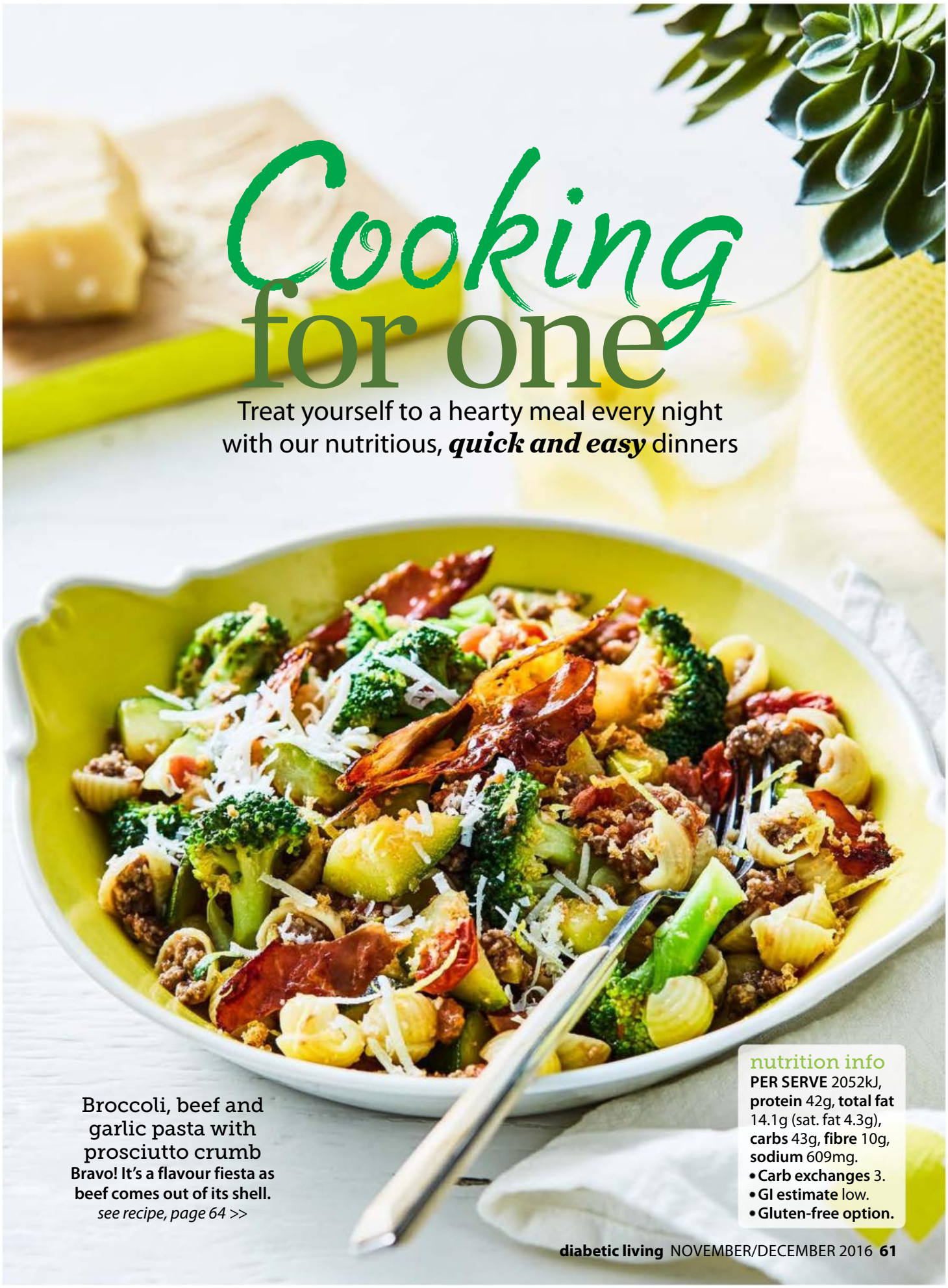
nutrition info

PER SERVE 1617kJ, **protein** 19g, **total fat** 11.1g (sat. fat 4g), **carbs** 47g, **fibre** 8g, **sodium** 255mg.

- **Carb exchanges** 3¼.
- **GI estimate** low.
- **Gluten free.**

Cooking for one

Treat yourself to a hearty meal every night with our nutritious, ***quick and easy*** dinners



Broccoli, beef and garlic pasta with prosciutto crumb

Bravo! It's a flavour fiesta as beef comes out of its shell.

see recipe, page 64 >>

nutrition info

PER SERVE 2052kJ, **protein** 42g, **total fat** 14.1g (sat. fat 4.3g), **carbs** 43g, **fibre** 10g, **sodium** 609mg.

- **Carb exchanges** 3.
- **GI estimate** low.
- **Gluten-free option.**

Thai chicken salad

Love colour and crunch? Then this restaurant-worthy winner is your perfect match.

see recipe, page 64 >>

nutrition info

PER SERVE 2015kJ, **protein** 37g, **total fat** 14.7g (sat. fat 2.6g), **carbs** 41g, **fibre** 13g, **sodium** 311mg.

- **Carb exchanges** 2⅔.
- **GI estimate** medium.
- **Gluten-free option.**

GOOD for YOU

Remember when Mum made you eat all your beans? Well, she had good reason! Green beans are rich in vitamins and minerals, as well as being low carb and high in fibre. To ensure you keep all of the goodies in, cook them quickly so they stay bright green.

nutrition info

PER SERVE 1607kJ, **protein** 35g, **total fat** 10.6g (sat. fat 1.8g), **carbs** 32g, **fibre** 10g, **sodium** 476mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Pork with mustard sauce and sweet potato

Arise, sirloin – you've made meat and two veg very appealing!

see recipe, page 65 >>

Cheese and honey roasted pumpkin

PREPARATION TIME: 10 MINS
COOKING TIME: 1 HOUR
SERVES 1 (AS A MAIN)

½ small butternut pumpkin, seeds reserved (see Cook's tip)
Olive oil cooking spray
100g Pantalica Smooth Light Ricotta Cheese
10g finely grated parmesan
Freshly ground black pepper, to season
3 tsp honey
2 tsp sunflower seeds, to serve
1 Tbsp small parsley leaves, to serve

1 **Preheat oven** to 200°C (fan-forced). Line a small ovenproof dish with baking paper. Using a spoon, scoop out pumpkin seeds and set aside. Spray pumpkin with cooking spray and put in prepared dish. Bake for 40 minutes or until pumpkin is almost tender.
2 **Meanwhile,** whisk ricotta, parmesan, pepper and 1 tsp of the honey in a small bowl.
3 **Remove pumpkin** from oven. Spoon ricotta mixture into pumpkin cavity. Drizzle with another tsp of the honey and spray lightly with cooking spray. Return to oven and roast for a further 15-20 minutes or until pumpkin is very tender.
4 **Transfer pumpkin** to a serving plate. Sprinkle with sunflower seeds and parsley. Drizzle with remaining honey and serve.

COOK'S TIP

You can toast fresh pumpkin seeds to eat as a healthy snack. Simply toss in a little extra virgin olive oil then cook in a small non-stick frying pan over a medium-high heat, stirring occasionally, for 4-5 minutes or until toasted. Serve warm or at room temperature.

Broccoli, beef and garlic pasta with prosciutto crumb

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 1 (AS A MAIN)

40g dried small shell pasta or gluten-free pasta
100g broccoli, cut into small florets
1 Tbsp coarse breadcrumbs made from sourdough bread or gluten-free bread
1 thin slice prosciutto
1 tsp extra virgin olive oil
100g extra-lean beef mince
2 cloves garlic, crushed
1 zucchini, chopped
125g small grape tomatoes, chopped
1 tsp Massel Salt Reduced Chicken Style Stock Powder
60ml (¼ cup) boiling water
Finely grated zest of ½ small lemon
5g finely grated parmesan

1 **Cook pasta** in a small saucepan of boiling water for 10-12 minutes or until al dente, adding broccoli for the last 2 minutes of cooking. Drain well and return to pan. Set aside.
2 **Meanwhile,** preheat oven to 180°C (fan-forced). Spread breadcrumbs over a small oven tray. Bake for 5-6 minutes, stirring once, or until toasted. Set aside.
3 **Heat a small non-stick frying pan** over a medium heat. Add prosciutto and cook for 2 minutes on each side or until slightly crisp. Allow to cool slightly then chop and set aside. Heat oil in the same frying pan over a medium-high heat. Add mince and garlic. Cook, stirring, for 3-4 minutes or until mince is browned. Add zucchini, tomato and combined stock powder and water. Bring to a simmer. Reduce heat to medium and cook, uncovered, stirring occasionally, for 10 minutes or until mixture is thick and rich.
4 **Put breadcrumbs,** prosciutto, lemon zest and parmesan in a small bowl and stir to combine. Set aside.
5 **Add mince** mixture to pasta mixture and toss well to combine. Transfer to a shallow serving bowl. Sprinkle with breadcrumb mixture and serve.

Thai chicken salad

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

Olive oil cooking spray
125g skinless chicken breast fillet, trimmed of fat
Freshly ground black pepper, to season

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** KRISTEN WILSON **FOOD PREPARATION** BRETT SARGENT

30g bean thread vermicelli noodles
½ cup coriander leaves
½ cup mint leaves
1 small Lebanese cucumber, sliced
125g cherry tomatoes, halved
Freshly squeezed juice of 1 small lime
½ tsp olive oil
2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
15g unsalted peanuts, roughly chopped, toasted

1 Preheat a chargrill pan on medium-high. Spray chicken on both sides with cooking spray and season with pepper. Add chicken to pan and reduce heat to medium. Cook for 4 minutes on each side or until cooked through. Transfer to a plate, cover loosely with foil and set aside.
2 Meanwhile, cook noodles in a small saucepan of boiling water following pack instructions or until tender. Drain and rinse under cold water. Drain well and transfer to a medium bowl.
3 Add coriander, mint, cucumber and tomato to noodles and toss to combine. Put lime juice, oil and sweet chilli sauce in a small bowl and whisk to combine. Thinly slice or shred chicken. Add to noodle mixture along with lime mixture. Sprinkle with peanuts and toss to combine. Serve.

Pork with mustard sauce and sweet potato

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 1 (AS A MAIN)

200g orange sweet potato, peeled, thinly sliced into rounds
Olive oil cooking spray
1 tsp extra virgin olive oil
125g pork sirloin steak, trimmed of fat
1 tsp Massel Salt Reduced Chicken Style Stock Powder
80ml (⅓ cup) boiling water
1 tsp Dijon mustard or gluten-free mustard
1 tsp wholegrain mustard or gluten-free mustard
2 tsp finely chopped flat-leaf parsley
2 tsp freshly squeezed lemon juice
Freshly ground black pepper, to season
Small parsley leaves, to serve
80g green beans, trimmed, steamed, to serve

1 Preheat oven to 230°C (fan-forced). Line a small roasting pan with baking paper.
2 Arrange sweet potato in a single layer in prepared pan and spray with cooking spray. Roast for 15-20 minutes or until potato is cooked and slightly crisp.
3 Meanwhile, heat oil in a medium non-stick frying pan over a medium-high heat. Add pork and reduce heat to medium. Cook for 2 minutes on each side or until just cooked through. Transfer to a plate, cover loosely with foil and set aside. Increase heat to high. Add combined stock powder and water along with mustards. Whisk well to combine. Bring to the boil. Reduce heat to medium and cook for 2-3 minutes or until the mixture reduces and thickens. Remove pan from heat and stir in parsley and lemon juice. Season with pepper. Return pork to pan and turn to coat in sauce.
4 Put pork on a serving plate and drizzle with remaining sauce. Sprinkle with parsley and serve with sweet potato and beans. ■

5 WAYS WITH pineapple

Nothing says summer like this ***juicy, sunny*** fruit. Go on, get a taste of the tropics!

Prawn, pineapple and herb noodle salad

Your salad days are here again, and they're shrimply irresistible.

see recipe, page 72 >>

How our food works for you
see page 86

nutrition info

PER SERVE 1454kJ, **protein** 21g, **total fat** 10.7g (sat. fat 2.7g), **carbs** 33g, **fibre** 14g, **sodium** 459mg.

- **Carb exchanges** 2¼.
- **GI estimate** medium.
- **Gluten-free option.**

nutrition info

PER SERVE 295kJ, **protein** 1g, **total fat** 4g (sat. fat 3.3g), **carbs** 8g, **fibre** 1g, **sodium** 6mg.

- **Carb exchanges** ½.
- **GI estimate** low.
- **Gluten-free option.**

lower carb

Pineapple, lime and coconut popsicles

Everybody freeze! (It's a stick-up.)

see recipe, page 72 >>

Jerk chicken with pineapple and cucumber salsa

Want the scoop on this chook? The secret's in the marinade.

see recipe, page 72 >>

nutrition info

PER SERVE 1811kJ, **protein** 36g, **total fat** 12.6g (sat. fat 2.3g), **carbs** 34g, **fibre** 15g, **sodium** 161mg. • **Carb exchanges** 2⅓. • **GI estimate** low. • **Gluten-free option.**

Tropical pork skewers with herbed rice

Hooray for finger food! The rice is nice, too.

see recipe, page 74 >>

gluten free

nutrition info

PER SERVE 1829kJ, **protein** 36g, **total fat** 7g (sat. fat 1.3g), **carbs** 52g, **fibre** 9g, **sodium** 72mg.

- **Carb exchanges** 3½.
- **GI estimate** low.
- **Gluten free.**

Strike gold with sweet *SURPRISE* slivers – it'll be love at first bite

nutrition info
PER SERVE 719kJ, **protein** 4g, **total fat** 3.5g (sat. fat 1.3g), **carbs** 31g, **fibre** 2g, **sodium** 120mg.
- **Carb exchanges** 2.
- **GI estimate** medium.

Pineapple, ginger and sour cream cake

Moist, zingy and spicy… what a delicious way to eat your fruit!

see recipe, page 75 >>

Prawn, pineapple and herb noodle salad

PREPARATION TIME: 15 MINS
COOKING TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

½ square (35g) instant noodles or gluten-free noodles
250g cooked king prawns, peeled and deveined, chopped
200g piece pineapple, skin and core removed, cut into small pieces
1 cup mint leaves
1 cup coriander leaves
200g grape tomatoes, quartered
1 large carrot, peeled into ribbons
20g unsalted roasted peanuts, roughly chopped

Dressing

2cm piece ginger, peeled, finely grated
Freshly squeezed juice of 1 lime
2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
½ tsp extra virgin olive oil
1 tsp caster sugar

1 **Cook noodles** in a small saucepan of boiling water for 2 minutes or until tender. Drain well and rinse under cold water.

2 **Put noodles,** prawn, pineapple, mint, coriander, tomato, carrot and peanuts in a medium bowl. Toss well to combine.

3 **To make dressing,** put all ingredients in a small bowl and whisk to combine.

4 **Pour dressing over salad** and toss to combine. Serve.

Pineapple, lime and coconut popsicles

PREPARATION TIME: 10 MINS PLUS OVERNIGHT FREEZING
COOKING TIME: NIL
SERVES 8 (AS A SNACK OR DESSERT)

½ pineapple, skin and core removed, chopped
Freshly squeezed juice of 1 large lime
2 Tbsp icing sugar or gluten-free icing sugar, sifted
400ml can TCC Light Coconut Milk

1 **Put pineapple,** lime juice and sugar in a food processor. Cover and process until well combined.

2 **Add coconut milk** and process until almost smooth. Pour mixture evenly between 8 x 80ml (⅓ cup) ice-block moulds and freeze overnight before serving.

COOK'S TIP

You can store any leftover popsicles in the freezer for up to 3 months.

Jerk chicken with pineapple and cucumber salsa

PREPARATION TIME: 15 MINS PLUS 1 HOUR MARINATING AND 15 MINS STANDING
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

Freshly squeezed juice of 1 lime
2 tsp extra virgin olive oil
1 Tbsp brown sugar
1 tsp salt-reduced soy sauce or gluten-free soy sauce
½ tsp ground allspice
2 tsp thyme leaves
2cm piece ginger, peeled, finely grated
2 cloves garlic, crushed
2 x 125g skinless chicken breast fillets, trimmed of fat
2 corncobs, husks and silk removed
25g (1 cup) mixed salad leaves, to serve ➤

Good for you

This tangy tropical fruit is more than just a delicious treat

High in vitamin C, pineapple helps support your immune function and the maintenance of healthy blood vessels and cartilage. Just 100g of fresh pineapple provides half your daily recommended intake. It's also high in manganese, which is essential for bone formation and the metabolism of fat, protein and carbohydrate. Like many fruits, pineapple is rich in fibre, which is important for regular bowel function.

Pineapple has a medium GI value of 66, however its glycaemic load value is only 7, as it is relatively low in carbohydrate (8g/100g). This means you would have to eat a large amount of it before you saw a significant spike in your blood glucose levels (BGLs). Pineapple is therefore a good choice for people with diabetes, but be wary of the canned variety, which is much higher in carbohydrate (up to 20g/100g).

Ever wondered why your mouth feels furry or prickly when you eat pineapple? This is because it contains an enzyme called bromelain, which breaks down proteins and is sometimes used as a natural meat tenderiser! Bromelain is destroyed by heating, so cooked or canned pineapple won't have the same effect.

NUTRITION INFO

Fresh pineapple per 100g: 178kJ, **protein** 0.6g, **total fat** 0.2g (sat. fat 0g), **carbs** 8g, **fibre** 2g, **sodium** 2mg. **Carb exchanges** ½. **GI estimate** low.

Pineapple and cucumber salsa

60g (⅓ cup) finely chopped pineapple
½ small Lebanese cucumber, halved lengthways, seeds removed, finely chopped
1 green shallot, finely chopped
1 tsp extra virgin olive oil
Zest and freshly squeezed juice of 1 lime
1 tsp caster sugar

1 **Put lime juice,** oil, sugar, soy sauce, allspice, thyme, ginger and garlic in a large shallow dish. Stir to combine. Add chicken and turn to coat. Cover and refrigerate for 1 hour, or preferably overnight, to marinate. Remove from fridge 15 minutes before cooking.
2 **Meanwhile,** to make pineapple and cucumber salsa, combine all ingredients in a small bowl. Cover and set aside for at least 15 minutes to allow flavours to develop.
3 **Preheat a chargrill plate** or grill on medium. Wrap corn in foil. Add to grill and cook, turning occasionally, for 20 minutes or until corn is tender. Remove from grill and set aside. Drain chicken and add to grill. Cook for 4 minutes on each side or until chicken is cooked through.
4 **Divide chicken,** corn and salad leaves between serving plates. Spoon salsa over chicken and serve.

Tropical pork skewers with herbed rice

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A MAIN)

250g lean pork fillet, trimmed of fat, cut into 12 pieces
1 red capsicum, deseeded, cut into 12 pieces
1 red onion, cut into 12 pieces
300g piece pineapple, skin and core removed, cut into 12 pieces
80ml (⅓ cup) freshly made pineapple juice (see Cook's tips)
Freshly squeezed juice of 1 lime
2 tsp extra virgin olive oil
3 tsp caster sugar
60g (¼ cup) SunRice Doongara Clever Low GI White rice
Cooking spray
2 Tbsp finely chopped herbs (such as parsley and chives)
Lime wedges, to serve (optional)

1 **Thread pork,** capsicum, onion and pineapple evenly onto 6 small bamboo skewers (see Cook's tips). Set aside.
2 **Put pineapple juice,** lime juice, oil and sugar in a small saucepan and stir to combine. Bring to a simmer over a high heat. Reduce heat to medium and cook for 3-4 minutes or until mixture thickens and reduces by about half. Set aside.
3 **Cook rice** in a small saucepan of boiling water, following pack instructions or until tender. Drain well and set aside.
4 **Preheat a flat chargrill plate** on medium. Spray skewers with cooking spray. Add to chargrill and cook, turning occasionally, for 5-6 minutes or until pork and vegetables are just cooked.
5 **Stir chopped herbs** into rice and divide between serving plates. Add skewers. Reheat pineapple sauce over a low heat and spoon over skewers. Serve with lime wedges, if using.

COOK'S TIPS

- **Soak bamboo skewers in cold water for 30 minutes before threading with food to prevent them burning while cooking.**
- **To serve this as a light meal, simply omit the rice and serve with mixed salad leaves.**
- **To make fresh pineapple juice, use a juicer if you have one, or process and push through a sieve.**

Pineapple, ginger and sour cream cake

PREPARATION TIME: 15 MINS
COOKING TIME: 45 MINS
SERVES 12 (AS AN OCCASIONAL DESSERT OR SNACK)

Cooking spray
125g extra-light sour cream
40g light margarine, melted, cooled
110g (½ cup) caster sugar
80g (½ cup, lightly packed) brown sugar
1 tsp vanilla extract
2 x 50g eggs
160g (1 cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
1 tsp ground ginger
150g (1 cup) finely chopped pineapple

1 **Preheat oven** to 170°C (fan-forced). Spray an 18cm (base measurement) round cake tin with cooking spray. Line base and sides with baking paper.
2 **Put sour cream,** margarine, sugars and vanilla in a medium bowl. Stir with a wooden spoon until well combined. Add eggs and whisk to combine. Set aside. Put flours and ginger in a small bowl and stir well. Add pineapple and toss to coat in flour. Add flour mixture to sour cream mixture and mix until well combined.
3 **Spoon batter** into prepared tin and smooth the surface. Bake for 40-45 minutes or until cooked when tested with a skewer. Set aside in the tin for 10 minutes before turning out onto a wire rack to cool completely.
Cut into pieces and serve.

COOK'S TIP

Store the cake in an airtight container for up to 4 days. To freeze, wrap portions in plastic wrap and put in a resealable plastic bag. Label, date and freeze for up to 4 months. ■

Diced or sliced, **you'll go *TROPPO* over pineapple!**

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BEN DEARNLEY
STYLING VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

Guest INGREDIENT

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Why we love... Ocean Spray

- Ocean Spray Reduced Sugar Craisins Dried Cranberries add taste and colour to baked goods, sides and mains, and are delicious sprinkled over salads, yoghurt or muesli.
- A ¼ cup serving of Ocean Spray Reduced Sugar Craisins Dried Cranberries provides one serve of fruit, 10g of fibre and has 50 per cent less sugar than raisins.
- Every 250ml serve of Ocean Spray Cranberry Light Fruit Drink contains the goodness of 55 cranberries with only 5g of sugar and 20 calories (80kJ).
- Enjoy refreshing Ocean Spray Cranberry Light Fruit Drink in smoothies, cocktails, ice blocks or on its own. Visit oceanspray.com.au for more recipes.

Cranberry, almond and strawberry smoothie

PREPARATION TIME: 5 MINS
COOKING TIME: NIL
SERVES 2 (AS A BREAKFAST)

1 large banana, peeled, chopped
125g (1 cup) frozen strawberries
3 Tbsp rolled oats
200ml Ocean Spray Cranberry Light Fruit Drink
200g low-fat Greek-style plain yoghurt
125ml (½ cup) almond milk

1 Put banana, strawberries, oats, cranberry drink, yoghurt and milk in a blender. Cover and blend until smooth.
2 Pour mixture evenly between 2 glasses. Serve. ➤

How our food works for you see page 86

nutrition info

PER SERVE 1108kJ, **protein** 10g, **total fat** 5.1g (sat. fat 1.6g), **carbs** 41g, **fibre** 6g, **sodium** 165mg.
- **Carb exchanges** 2⅔.
- **GI estimate** medium.

Cranberry and apple chutney

PREPARATION TIME: 10 MINS
COOKING TIME: 35 MINS
MAKES 2½ CUPS (1 TBSP PER SERVE AS AN ACCOMPANIMENT)

1 tsp olive oil
1 small brown onion, finely chopped
2cm piece ginger, peeled, finely grated
500g Granny Smith apples, peeled, chopped
½ tsp mixed spice
125ml (½ cup) Ocean Spray Cranberry Light Fruit Drink
125ml (½ cup) water
150g pkt Ocean Spray Reduced Sugar Craisins Dried Cranberries

1 **Heat oil** in a medium saucepan over a medium heat. Add onion and ginger. Cook, stirring occasionally, for 5-6 minutes or until onion is soft.
2 **Add apple,** mixed spice, cranberry drink, water and half the Craisins. Cover and bring to a simmer over a high heat. Reduce heat to medium-low and cook, covered, for 15 minutes, stirring occasionally, or until apple is soft.
3 **Add remaining Craisins.** Cook, covered, for a further 5-10 minutes or until mixture thickens and apple is very tender. Spoon into a clean jar or airtight container. Set aside to cool before serving.

COOK'S TIPS

- **Serve chutney with roast pork or turkey, or use as a spread on a ham and salad sandwich.**
- **Store remaining chutney in the fridge for up to three months.**

nutrition info

PER SERVE 100kJ, **protein** 0g, **total fat** 0.2g (sat. fat 0g), **carbs** 6g, **fibre** 2g, **sodium** 2mg. • **Carb exchanges** ⅓. • **GI estimate** medium. • **Gluten free.**

Cranberry, cheddar and zucchini muffins

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
MAKES 12 (1 PER SERVE AS A SNACK)

Cooking spray
150g (1 cup) self-raising flour
160g (1 cup) wholemeal self-raising flour
70g (⅔ cup) grated reduced-fat cheddar
⅓ cup basil leaves, finely shredded
2 zucchini, coarsely grated, excess moisture squeezed out
2 green shallots, trimmed, chopped
40g (¼ cup) Ocean Spray Reduced Sugar Craisins Dried Cranberries, chopped
1 tsp wholegrain mustard
200ml skim milk
50g light margarine, melted
2 x 50g eggs, lightly whisked

1 **Preheat oven** to 180°C (fan-forced). Line a 12-hole 80ml (⅓ cup) muffin tin with paper cases. Spray cases with cooking spray.
2 **Put flours,** cheese, basil, zucchini, shallot and Craisins in a large bowl and stir to combine. Add mustard, milk, margarine and egg. Mix until well combined.
3 **Spoon mixture** evenly between paper cases. Bake for 20-25 minutes or until cooked when tested with a skewer. Transfer to a wire rack and set aside to cool slightly. Serve warm.

nutrition info

PER SERVE 640kJ, **protein** 6g, **total fat** 4.1g (sat. fat 1.5g), **carbs** 22g, **fibre** 3g, **sodium** 252mg. • **Carb exchanges** 1½. • **GI estimate** medium.

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** MARIE-HÉLÈNE CLAUZON **FOOD PREPARATION** SARAH MAYOH

lower carb

Craisin and toasted macadamia biscotti

PREPARATION TIME: 20 MINS
PLUS 1 HOUR COOLING
COOKING TIME: 40 MINS
MAKES 50 (2 PER SERVE AS A SNACK)

80g (½ cup) wholemeal self-raising flour
75g (½ cup) plain flour
2 Tbsp cocoa powder
3 eggwhites (from 50g eggs)
80g (⅓ cup) caster sugar
50g Ocean Spray Reduced Sugar Craisins Dried Cranberries, chopped
50g unsalted macadamias, toasted, finely chopped (see Cook's tip)

1 **Preheat oven** to 160°C (fan-forced). Line 2 large oven trays with baking paper. Sift flours and cocoa into a medium bowl, returning husks to bowl. Set aside.
2 **Using electric beaters,** whisk eggwhites in a medium bowl until soft peaks form. Gradually add sugar, 1 Tbsp at a time, whisking well after each addition. Continue whisking until sugar has dissolved.
3 **Add flour mixture** to eggwhite mixture and mix well. Stir in Craisins and macadamias. Divide mixture in half and shape each into a log 24cm long and 3.5cm thick. Put logs on one of the prepared trays and bake for 20 minutes or until golden. Set aside for 1 hour to cool completely.
4 **Preheat oven** to 160°C (fan-forced). Diagonally slice each log into 25 slices. Arrange slices on prepared trays. Bake, turning once, for 15-20 minutes or until dry and crisp. Transfer to wire racks and set aside to cool completely. Serve.

nutrition info

PER SERVE 239kJ, **protein** 1.3g, **total fat** 1.7g (sat. fat 0.3g), **carbs** 9g, **fibre** 1g, **sodium** 29mg. • **Carb exchanges** ⅔. • **GI estimate** medium.

COOK'S TIP

To toast macadamias, spread over an oven tray and bake in an oven preheated to 160°C (fan-forced) for 6-8 minutes or until lightly toasted. Set aside until cool. ■

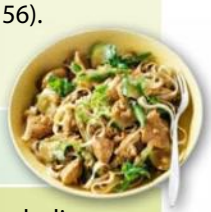
Plan your week,

Wondering what to eat this week? Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
Breakfast	2 slices toasted Bürgen Soy-Lin bread topped with 2 poached eggs and ½ cup baby spinach leaves.	Banana and cream cheese muffin (page 83).	1 Weet-Bix served with 125ml (½ cup) low-fat milk, 130g (½ cup) Chobani Plain 0.5% Fat Yogurt, ½ cup fresh or frozen berries and 5 walnut halves.	Mango and coconut smoothie (page 83).
Optional snack	1 piece seasonal fresh fruit.	170g tub Tamar Valley No Added Sugar Greek Style Yoghurt.	Mini fruit cake (page 37).	2 Tbsp (20g) unsalted mixed nuts.
Lunch	Prawn, pineapple and herb noodle salad (page 72).	Get excited about weekday lunches with our delish ideas (opposite) and never pack a plain old sandwich again! →		
Optional snack	2 Vita-Weats with 20g low-fat cheddar and 2 slices tomato.	1 mashed boiled egg wrapped in 1 mountain bread.	25g pack The Happy Snack Company Roasted Chic Peas.	2 Vita-Weats with 20g low-fat cheddar and 2 slices tomato.
Dinner	Beef, couscous and bocconcini rolls (page 56). ***Pictured above.***	Creamy mushroom and parmesan pasta (page 56). ***Pictured above.***	Middle Eastern lamb kebabs with tomato salad (page 57). ***Pictured above.***	Vegetarian arancini-style pies (page 57). ***Pictured above.***
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	170g tub Tamar Valley No Added Sugar Greek Style Yoghurt.	1 piece seasonal fresh fruit.	1 small scoop Peters No Sugar Added ice-cream served with pulp of 1 passionfruit.	Pineapple, lime and coconut popsicle (page 72).
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

THURSDAY	FRIDAY	SATURDAY
a day, depending on the weather and how active you are.		
1 slice toasted Bürgen Soy-Lin bread topped with ¼ sliced or mashed avocado and 2 slices tomato. Serve with a small skim latte.	Mango and coconut smoothie (page 83).	Blueberry, peach and cinnamon quinoa (page 83).
Mini fruit cake (page 37).	2 Tbsp (20g) unsalted mixed nuts.	Cherry and apple fruit pie (page 36).
Top toastie: 2 slices Bürgen Soy-Lin ✚ 30g salt-reduced ham ✚ 20g low-fat cheddar ✚ 3 slices tomato ✚ ½ cup baby spinach.		
130g (½ cup) plain low-fat yoghurt with pulp of 1 passionfruit.	1 mashed boiled egg wrapped in 1 mountain bread.	1 carrot, cut into sticks, with 2 Tbsp low-fat hummus.
Chicken and rice salad lettuce cups (page 58). ***Pictured above.***	Polenta-crusted fish with beetroot chips (page 58). ***Pictured above.***	Coconut chicken and cashew curry (page 56). 
have a couple of alcohol-free days a week.		
1 piece seasonal fresh fruit.	125ml (½ cup) low-fat custard with 2 apricots, diced.	Pineapple, lime and coconut popsicle (page 72). ***Pictured above.***
Always discuss your exercise plans with your doctor first.		

WORDS LISA URQUHART, DIETITIAN **PHOTOGRAPHY** GETTY IMAGES

Make lunch A TREAT

Midweek lunches can be boring but there are lots of ways to make them tasty as well as healthy! Mix and match these choices

1. Pick your carb

for a satisfying base that will provide about two carb exchanges (30g of carbs).

- ⅔ cup steamed Doongara Low GI Brown Rice or basmati rice
- 1 wholemeal pita pocket
- 2 slices multigrain bread
- ⅔ cup cooked quinoa
- 1 cup steamed sweet potato

2. Pump it up with protein

to help you feel full for longer.

- 2 boiled eggs
- 100g lean cooked chicken
- 1 small tin tuna in springwater, drained
- ½ cup four-bean mix (contains 1 carb exchange)
- 30g low-fat cheddar

3. Add your veg

for plenty of vitamins and minerals.

- 2 cups salad leaves such as rocket, baby spinach or kale with diced tomato, cucumber and capsicum
- 2 cups coleslaw mix (cabbage, carrot and celery)
- 1 cup steamed greens (broccoli, beans and zucchini)

4. Don't forget flavour!

Go for freshly ground black pepper, lemon juice, chopped parsley and a drizzle of olive oil or balsamic glaze for a lovely Mediterranean zing. ■

All the tips, tricks and ***inside knowledge*** for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

HOW TO...

PREPARE PINEAPPLE

Sweet and juicy pineapple is ready to eat as soon as it is picked and in the shops. To choose a good one, simply look for fruit that is free from soft spots or bruises. Peel and core as below to enjoy immediately, or check out our great pineapple recipes on page 66.

STEP 1 Using a sharp knife, cut off the top (crown) of the pineapple and the base.

STEP 2 Starting at the top of the fruit, slice down around the outside to remove the skin in large pieces.

STEP 3 Cut the pineapple in half lengthways and then into quarters.

STEP 4 Hold 1 piece vertically and cut from the top down to remove the core. Repeat with remaining quarters. Slice quarters as required.

To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 151. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

60-SECOND LUNCH

Mash ¼ small ripe avocado and mix with 2 Tbsp low-fat Greek-style plain yoghurt, a squeeze of lemon juice, pinch of smoked paprika and freshly ground black pepper. Spread mixture over 1 BFree Sweet Potato Wrap. Top with rocket leaves, 20g reduced-fat grated cheese and sliced tomato. Roll up and serve.

PER SERVE 1115kJ, **protein** 13g, **total fat** 12.2g (sat. fat 5.1g), **carbs** 22g, **fibre** 7g, **sodium** 358mg. • **Carb exchanges** 1½. • **GI estimate** medium. • **Gluten free.**

HANDY HELPER

If you often find yourself wrestling with safety caps on pill bottles or cleaning products, or struggle to open screw-top bottles, you'll love the Brix MultiGrip Bottle Opener. Simply place it over the recalcitrant cap, push down and turn. Buy it for about $10 at kitchenware stores or call (07) 3348 1111 for stockists.

SUPERMARKET CRUSH

Roll with it

If you need to avoid gluten, wheat, dairy, egg, nuts and soy, or are simply after a great-tasting healthy wrap, get your hands on BFree Sweet Potato Wraps. Not only do they tick all the above boxes, but they contain no added sugar and are high in fibre. My kids loved them for school lunches spread with a little mashed avocado, lettuce and grated cheese, and they don't crack on rolling, so no messy fingers. Buy them in Woolworths supermarkets for $7.99 for a pack of five. bfreefoods.com

PHOTOGRAPHY GETTY IMAGES

QUICK AND EASY

Brekkie ideas

Leap up from the table when you start your day with one of these energising treats

Blueberry, peach and cinnamon quinoa

Put 50g (¼ cup) **quinoa,** 80ml (⅓ cup) **skim milk** and 80ml (⅓ cup) **water** in a small saucepan. Cook, covered, for 12-15 minutes or until tender and liquid is absorbed. Stir in ½ tsp **vanilla essence.** Serve topped with ½ sliced **peach,** 60g **blueberries** and 1 Tbsp **diet maple syrup.**

PER SERVE 1166kJ, **protein** 11g, **total fat** 3.2g (sat. fat 0.4g), **carbs** 51g, **fibre** 6g, **sodium** 75mg. • **Carb exchanges** 3⅓. • **GI estimate** low. • **Gluten free.**

Mango and coconut smoothie

Put 100g chopped fresh or frozen **mango flesh,** 125ml (½ cup) **low-fat milk,** 170g tub **Chobani Coconut 2% Fat Yogurt,** 1½ Tbsp **protein powder** and ¼ cup **ice cubes** in a blender. Blend until smooth. Serve.

PER SERVE 1556kJ, **protein** 38g, **total fat** 7.1g (sat. fat 5.1g), **carbs** 37g, **fibre** 3g, **sodium** 146mg. • **Carb exchanges** 2½. • **GI estimate** low.

Banana and cream cheese muffin

Spread 1 split and toasted **English fruit muffin** with 1 Tbsp **extra-light cream cheese.** Top with 1 small sliced **banana,** 1 tsp **honey** and a sprinkle of **chia seeds.** Serve.

PER SERVE 1242kJ, **protein** 10g, **total fat** 5g (sat. fat 2.2g), **carbs** 51g, **fibre** 5g, **sodium** 392mg. • **Carb exchanges** 3⅓. • **GI estimate** low.

Festive *snack attack*

Warm weather and holidays call for travel and entertaining, so pack your nibbles or ***plan your antipasto plate*** with these top buys

It's the start of the party season and all those end-of-year celebrations and get-togethers usually involve food, especially snacks and nibbles.

Whether you're wondering what to serve when hosting family and friends at home or looking for healthier options to give to kids and take on the road, *DL* dietitian Dr Kate Marsh has the tastiest answers!

The Happy Snack Company Roasted Chic Peas

These low-GI lovelies have about a quarter of the fat, half the sodium, three times the protein and four times the fibre of potato chips. *Contains 420kJ and 12g of carbs per 25g serve.*

South Cape Tasmanian Reduced Fat Danish Style Fetta

Add this to a platter of marinated roasted vegies and enjoy lower energy, fat and sodium than regular feta, plus more protein. *Contains 213kJ and less than 1g of carbs per 25g serve.*

Yalla Hummus dip

As close to homemade as you'll find on supermarket shelves, this protein-packed, fibre-rich dip boasts all natural ingredients. *Contains 146kJ and 2g of carbs per 20g serve.*

Arnott's Vita-Weat 9 Grains

Made with wholegrains and seeds, these crackers are a higher-fibre, more nutrient-dense alternative to plain rice and water crackers. *Contains 397kJ and 15g of carbs per 23g (4 biscuits) serve.*

Pilpel Beetroot Almond dip

This delicious dip is low in fat and carbs, and lower in sodium than many others. It's also free from gluten, dairy and preservatives. *Contains 122kJ and 2g of carbs per 20g serve.*

Mary's Gone Crackers Original Crackers

Made from organic brown rice, quinoa, sesame seeds and flaxseeds, these high-fibre bites are gluten, nut and dairy free. *Contains 590kJ and 21g of carbs per 30g (13 crackers) serve.*

Pilpel Capsicum Salsa

With much less sodium than regular salsas, this is made from 82 per cent roasted capsicum plus herbs and spices. It's also free from gluten, dairy and preservatives. *Contains 109kJ and 1g of carbs per 20g serve.*

Syndian Chilli Falafel

A tasty mix of chickpeas, fava beans, herbs, spices and sesame from the freezer cabinet, these are a great gluten-free, dairy-free, vegan option that can be served hot or cold. *Contains 220kJ and 3g of carbs per 30g (1 falafel) serve.* ■

PHOTOGRAPHY MICHELLE TAN, GETTY IMAGES

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Cancer Council

Food that *works* for you

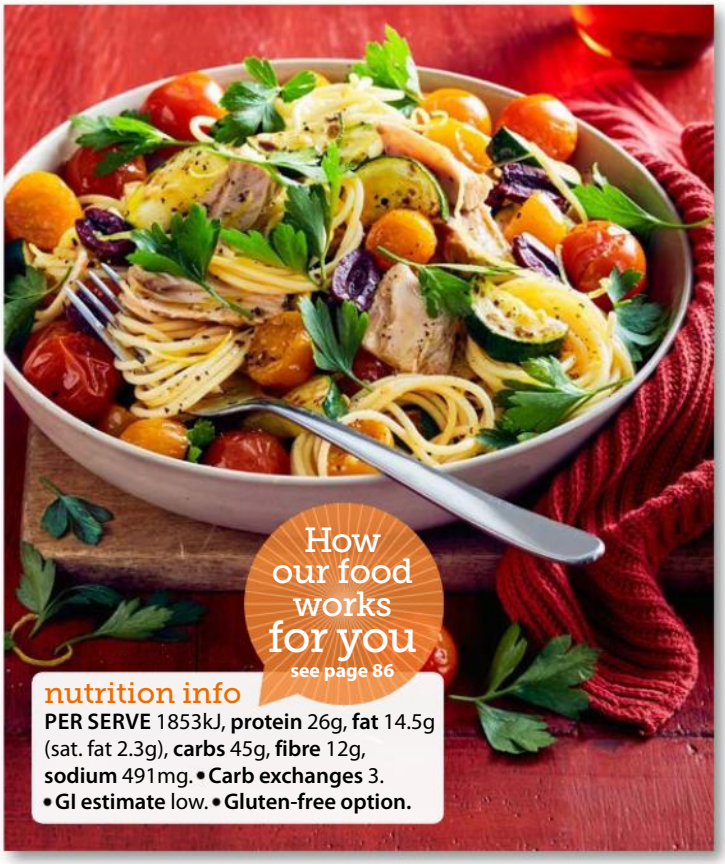
Every recipe in *Diabetic Living* has been carefully created to help you enjoy a ***healthy, balanced*** diet

If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements, as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!
Alison Roberts, Food Editor *(far left)*
Lisa Urquhart, Dietitian

Serves 2 (as a main)
We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names
We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.



Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Make counting carbs easier: one carb exchange = 15g of carbs. Aim for 1-2 exchanges in snacks and 1-4 exchanges in a meal.

PHOTOGRAPHY BRETT STEVENS (FOOD)

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* **Kilojoules** 8700kJ **Protein** 50g **Total fat** 70g **Saturated fat** 24g **Carbs** 310g **Fibre** 30g **Sodium** 2.3g

To lose weight* **Kilojoules** 6000kJ **Protein** 50g **Total fat** 40-50g **Saturated fat** 15g **Carbs** 180g **Fibre** 30g **Sodium** less than 1.6g

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

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SMALL CHANGES BIG RESULTS

Be a weight-loss winner in just four weeks with this sure-fire action plan from the experts! Your new life starts in 4, 3, 2, 1…

WEEK 1

READY SET GO!

Take action today and say hello to a happier, healthier new you tomorrow

Have you been trying to lose weight, exercise more and nail your health goals but don't know where to start? Or have you begun several times, only to give up when it all gets too overwhelming?

Making significant lifestyle changes is challenging, especially if you've just been diagnosed with pre-diabetes or type 2 and feel like you want to change everything at once.

If any of this applies to you, look no further than our fab weight-loss guide. Our experts will arm you with all the tips and tricks to succeed, from healthy food ideas to weekly exercise plans and lots of tools to keep you motivated along the way. Let's get started!

STEP 1

Think small

You don't have to become a slave to the gym or drastically slash kilojoules to lose weight and achieve better blood glucose levels (BGLs). Diabetes Australia says 'a small weight loss – five to 10 per cent of body weight – can make a big difference to your diabetes management and, as a consequence, reduce your risk of developing complications such as heart disease, stroke and some cancers'.

Want more encouragement? A recent review of diabetes prevention trials around the world showed that for six out of 10 people with pre-diabetes, shedding a small amount of weight stopped their condition from progressing to type 2.

And the benefits don't end there. 'With 10 per cent weight loss, people will see a change in their daily blood sugar levels and also in their three-to-six-monthly HbA1c readings,' says dietitian Dea Krismarietta.

'You'll also decrease your blood pressure and cholesterol levels, and notice a change in how you feel,' she adds.

STEP 2

Get the numbers

Feeling motivated to kickstart your healthier lifestyle? Well done! The next step is to wrap a tape measure around your waist at belly button level. The ideal waist measurement for women is less than 80cm and for men it's less than 94cm.

Now, step on the scales and record your weight. Also ask your doctor for cholesterol, blood pressure or HbA1c readings if these are of concern.

TOP TIP To stay motivated and to track your progress, measure your waist and check your weight once a week. Do this at the same time on the same day (for example, at 11am every Sunday) as your weight will fluctuate over a day. Our *Write it Down* sections make it easy – you'll find the first one on page 94.

STEP 3

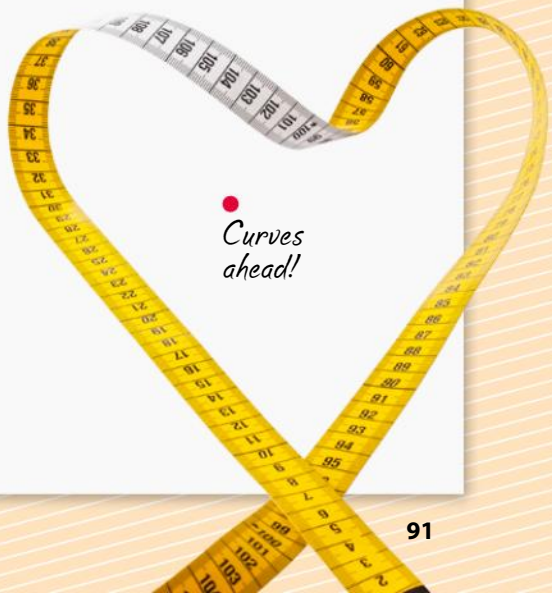
Set personal goals

How do you feel right now? How many stairs can you comfortably climb? How happy are you with the way your clothes fit? How do you feel after a typical meal?

Answering these questions can help you set specific goals that can lead to a healthier, more fulfilling lifestyle. Your goals may include:

- Keeping your BGLs steady
- Reducing your cholesterol and blood pressure levels
- Having the energy to play with children or pets
- Feeling able to go for a brisk walk after dinner
- Learning to cook healthy new recipes every month
- Meeting the recommended 5-6 serves of vegies each day.

The key is to pick goals that are meaningful. Write them down, stick them somewhere visible and refer to them when you lack motivation. ➤



TAKE NOTE

Don't let sneaky kilojoules sabotage your weight loss – outsmart them with a food diary

Can you remember what you ate for breakfast yesterday? How many coffees you've drunk this week? Your snacks over the weekend? If the answers are no, no and no, you're not alone. Shopping, cooking, eating – they're all routine, so if you're not actively thinking about them, it's easy to lose track of just what ends up on your plate or in your cup.

You may be consuming more kilojoules than you realise, making it harder to shed those unwanted kilograms.

One tried and true method to make healthy changes to your diet is to record everything you eat and drink in a diary.

'Tracking your intake builds mindfulness and reveals habits that need attention,' says dietitian Thea Werkhoven. And it works. In a study of 1700 people who were trying to slim down, those who tracked their food and drink intake in a journal lost twice as much weight as those who didn't.

Werkhoven suggests keeping a food diary for four days, then discussing your findings with your dietitian or diabetes educator. Start by buying a simple A4 diary or downloading a tracking app such as the free MyFitnessPal.

To get the most out of your diary, follow these handy hints:

Try this... be honest with yourself

The only way to make changes that will help you hit your goal weight is to be honest about what you're eating and drinking. Don't edit – write down the good, the bad, the everything.

Try this... be specific

Record how much you're eating as soon as you can after you've eaten it. Invest in a set of kitchen scales and measuring cups for greater accuracy – your dietitian can then better advise you on how to make positive changes.

Try this... watch out for patterns

According to Werkhoven, eating more processed than fresh foods and making a habit of skipping important food groups are common weight-loss roadblocks. Watch for these patterns or others specific to you, such as weekend overindulging or mindlessly munching in front of the TV.

Try this... write down your feelings

Boredom, sadness, happiness, stress and other emotional factors can play a part in your food choices. Recording how you feel before, during and after meals is an important step to overcoming emotional eating. For more, turn to page 109.

ON THE MOVE

New to fitness training or exercising with diabetes? Discover the benefits now!

Making exercise part of your everyday routine will help you lose weight faster, release those feelgood hormones and improve insulin resistance. It's important to start small and commit to consistency. Want more pointers on how to lose weight faster? Read on.

DID YOU KNOW?
If you have type 2, you are entitled to 5 subsidised exercise sessions

1. Ask an expert

Training under supervision is the best way to start – and stick to – an effective exercise regime. Talk to your GP about how to balance your workout with your diabetes and any other medical conditions you have. Importantly, ask to be referred to an accredited exercise physiologist (AEP). If you have type 2, Medicare will subsidise five exercise sessions with an AEP.

You can use those sessions to identify the kinds of exercises you'll enjoy, start a training program that's tailored to your fitness and lifestyle and, in time, safely increase the length and intensity of your workouts.

2. Try resistance training

Increasing your lean muscle mass is key if you want to lose weight and better manage your diabetes, says accredited exercise physiologist Joshua de Rooy.

An effective way to achieve this is through resistance training. Lift weights or try exercises such as squats and sit-ups. For more on resistance training, see page 98.

3. Set realistic goals

Setting measurable goals is vital to success. For cardiovascular exercise (walking, stationary cycling, rowing, swimming), de Rooy sets clients targets of 10 minutes a day or 20 minutes three times a week, supplemented by resistance training. Aim to build a routine that fits into your life in a sustainable way.

4. Find ways to move

Boost your incidental exercise – the tasks and movement you do over the course of a day, such as gardening or vacuuming – by moving more. Walk rather than drive to the shops. Stroll around the house when on the phone. And don't just watch the kids play, join the fun! ➤

THE NUMBERS GAME

Curious about how a favourite activity over 30 minutes rates as a kilojoule burner? Here's a handy guide*

Ballroom dancing	571	Table tennis	761
Bushwalking	1142	Tennis	1332
Gentle cycling	1142	Gentle yoga	476
Kayaking	951	INCIDENTAL EXERCISE	
Pilates	723	Cooking	381
Running/jogging	1522	Gardening	666
Moderate walking	666	Laundry tasks	438
Snorkelling	951	Light housework	476
Swimming	1332	Vacuuming	666

**Based on a 40-year-old, 165cm, 75kg woman exercising for 30 minutes.*

TO LOSE WEIGHT
follow our delicious, nutritionally balanced recipes (from page 20)

YOUR WEEK 1

Start hitting your slim-down goals by following

MONDAY

EAT IT Get your meal portions right:

- Fill half your plate with non-starchy vegies like greens and carrots
- Fill one quarter with low-GI carbs such as brown rice or wholegrain pasta
- Fill the rest with lean protein such as grilled fish or chicken.

MOVE IT Walk for 10 minutes on flat ground at a moderate pace in the morning and again at a light pace later on. Breaking up exercise can make it feel easier, says *DL* accredited exercise physiologist Christine Armarego.

TUESDAY

LIST IT Going shopping? Stick to a list. Doing this can help you lose an extra 69 grams each month, which adds up!

LIFT IT Add some resistance training to improve your muscles' ability to store and clear glucose.

Start with 15 minutes of exercises such as sit-to-stands and biceps curls (ask your exercise physiologist to recommend the best routine for you). Aim to do 1-2 sets of 10-15 reps with weights or a resistance band, resting for 60 seconds between sets. Stretch for five minutes to finish.

WEDNESDAY

EAT IT Breakfast is the most important meal of the day and for good reason. It kickstarts your metabolism, helps fight kilo creep, keeps hunger at bay and boosts you mentally, too. Plus, if you take oral diabetes meds in the morning, eating brekkie can prevent nausea. Tick, tick, tick!

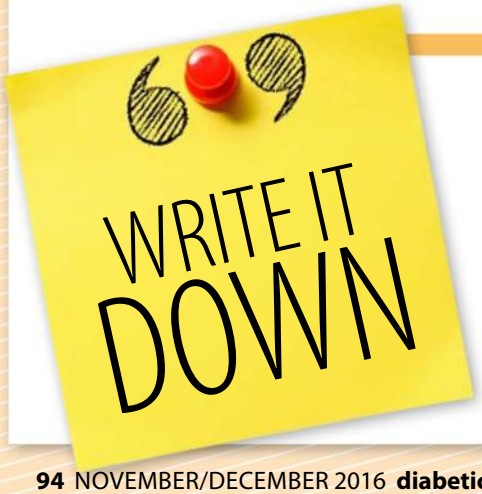
MOVE IT Go for a 15-minute walk at a light-to-moderate pace. Stretch for five minutes to finish and help reduce soreness.

THURSDAY

SIP IT Looking for a speedy yet satisfying brekkie? Put 2 Tbsp **Sustagen Vanilla** powder, 1 small **banana,** 170g tub **Chobani Plain 0.5% Fat Yogurt,** 185ml (¾ cup) **low-fat milk,** 2 tsp **chia seeds** and ¼ cup **ice cubes** in a blender. Blend until smooth. Serve.

PER SERVE 1372kJ, **protein** 22g, **total fat** 6.6g (sat. fat 2.2g), **carbs** 41g, **fibre** 4g, **sodium** 181mg. • **Carb exchanges** 2⅔. • **GI estimate** low. • **Gluten free.**

REST IT Take a break between workouts to give your body time to recover and repair. Use this day as a rest day but do chores to keep your incidental exercise levels high.



Take note of your Week 1 healthy living and weight-loss achievements, as well as your ultimate goals

My weight this week: _____

My waist measurement this week: _____

ACTION PLAN

these practical exercise and eating suggestions

FRIDAY

TIME IT Do you often eat on the run or while sitting in front of the computer or TV? This can lead to overeating because you don't feel as satisfied as quickly when you're distracted.

The Harvard Medical School suggests setting a kitchen timer for 20 minutes while eating dinner. Chew slowly and focus on your food to boost the satiety factor. Try it for a week!

LIFT IT Do 15 minutes of seated resistance training with weights (see page 110). Aim for 1-2 sets of 10-15 reps, resting for 60 seconds between sets. Stretch for five minutes to finish.

SATURDAY

QUAFF IT Drinking water is important for keeping your BGLs steady and helps to fill your stomach, making overeating easier to avoid. Aim to have 6-8 glasses each day, but avoid drinking with meals. Dietitian Thea Werkhoven says to process nutrients better, drink a glass of water before and after eating instead.

MOVE IT Go for a 15-minute walk at a moderate pace. Stretch for five minutes to finish. Walking boosts cardiovascular fitness, cuts your risk of heart disease and stroke, strengthens bones and improves balance.

SUNDAY

GOOGLE IT An accredited practising dietitian (APD) can help you build a meal plan that takes your age, weight, diabetes management and other issues into account. Seeing an APD can also help boost your motivation. Visit the Dietitians Association of Australia website at daa.asn.au or call (02) 6189 1200.

REST IT Take a break today. Rest promotes repair, which builds muscle and your fitness. ➤

I am proud of...

I would like to change...

GET-FIT GLOSSARY

Light-intensity exercise
A workout in which you can breathe normally and easily carry on a conversation.

Moderate-intensity exercise
You know you are exercising and your breathing rate rises, but you can still chat.

Vigorous exercise
Any workout in which the exercise is challenging and you get out of breath, but you can still manage a sentence or two of conversation.

WEEK 2

Rethink your kitchen habits and eat to sleep (seriously!). You'll pick up the pace this week and soon see results on the scales

REVAMP AND REAP REWARDS

Now you're one week into your slim-down plan, it's time to take a few more small steps that will lead to even bigger changes. And as they're baby steps, you will probably find them easy to implement!

This week, it's time to overhaul your shopping, cooking and eating habits. You'll also learn more about exercise and the effect sleep (or a lack of it) has on weight-loss results.

Let's start with the healthy tweaks you can make in your kitchen...

In the pantry

CHANGE YOUR GRAIN If you're a fan of rice, try swapping it for quinoa. This nutty-tasting super grain has twice the fibre of brown rice, as well as a higher protein content – both of which will help you feel full for longer.

CUT THE SALT While there's nothing wrong with a little salt, too much can take its toll on your heart, blood pressure and cholesterol levels. Add flavour to your meals without reaching for the white stuff by stocking your pantry with other waist-friendly winners such as lemon zest, garlic, smoked paprika, fresh chilli and ground spices such as cumin, coriander and turmeric. Delish!

In the fridge

HIDE THE TREATS According to studies, we're three times more likely to eat the first thing we see, rather than the second, fourth or ninth. Help yourself make better slimming choices by moving the healthiest foods to the front of your fridge and the more kilojoule-rich fare to the back.

Inside cupboards

SCALE IT DOWN Research by Cornell University has found that the average adult eats about 92 per cent of what's on their plate, regardless of whether they're hungry or not.

To better manage your portions and prevent a kilojoule blowout, dietitian Thea Werkhoven suggests using a side plate, rather than a dinner plate, for your meals. It's a good idea to use smaller utensils, too. Think a dessert spoon instead of a soup spoon, and a salad fork rather than a dinner fork.

WIND BACK ON WINE A study out of Cambridge University concluded that the larger your wine glass, the more you'll end up drinking. So save kilojoules by switching to a small tumbler or tasting glass rather than a balloon-style glass.

On the stove

KEEP IT AL DENTE Do like the Italians do and keep your pasta al dente. Why? The firmer your pasta, the lower its GI (glycaemic index). The lower the GI, the slower the release of glucose into your blood, and the longer you'll feel satisfied, which means you're less likely to overindulge.

Just remember to keep your portion sizes in check and stick to 150g (one cup) of cooked pasta per serve. Bravo!

On the bench

STORE YOUR LEFTOVERS The old saying goes that out of sight means out of mind. Put this into practice with your leftovers by refrigerating or freezing excess food as soon as you've finished serving, so you're not tempted to go back for seconds.

At the table

DRINK YOUR VEG Love to start the day with a glass of juice? Make the switch from fruit to vegie juices, advises dietitian Susie Burrell.

Not only are they significantly lower in sugar than fruit-based juices, they are chock-full of nutrients. Plus, drinking your veg will help you reach your goal of five servings a day. Ramp up the zing factor by adding fresh ginger, mint or lemon juice.

GO GREEN Do you drink tea and/or coffee throughout the day? Try switching some or all your servings to green tea, recommends Burrell. It has zero kilojoules, is packed with antioxidants and may even help with fat burning. ➤

PUSH IT!

Become fitter, stronger and leaner with easy resistance exercises that can be done at home. *DL* accredited exercise physiologist Christine Armarego shows you how

Weight training or resistance training entails lifting a load that is heavier than you are used to, or pushing against something that doesn't move, such as a wall or the floor.

'It can be done by anyone of any age and improves muscle strength and mass, blood glucose levels, bone mineral density, mood and much more,' says Armarego. 'It can be done by the injured to improve their function and keep the rest of their body strong.'

People who struggle with cardiovascular exercises because of lung or heart problems can often tolerate resistance training, she adds.

Stay safe and amp up your fitness levels by giving these six resistance exercises a try:

Squats

Targets: Legs and lower back

Stand with feet shoulder-width apart. Push your hips back, as though you're about to sit on a chair, until your knees form a 90° angle (without extending over your toes). Keeping a J-shaped curve in your back, return to standing. Aim for 1-3 sets of 10-15 reps.

Top tip: Make it harder by using hand weights (start with 2.5kg) or easier by holding onto a chair.

Biceps curls

Targets: Biceps and forearms

Stand or sit with good posture with your arms at your sides, holding 3-5kg hand weights or cans of food. Slowly bend your elbows, lifting the weights in tandem from your thighs to your shoulders, palms facing up. Then slowly lower them back to the start position. Aim for 1-3 sets of 10-15 reps.

Triceps pushbacks

Targets: Triceps and arms

Stand or sit with good posture, holding a 1-2kg hand weight behind your head with your elbow raised. Use your free hand to steady your elbow. You're now ready to begin. Straighten your elbow, lifting the weight until your arm is straight and the weight is above your head. Slowly bend your elbow and lower it back to the start position. Aim for 1-3 sets of 10-15 reps.

Single-arm rows

Targets: Back and arms

Stand in a lunge position with your front knee bent, holding a 3-5kg weight in the opposite hand, your arm straight. Bend forwards from the hips, keeping your back straight and your chest up. Raise your elbow, lifting the weight until your hand is just in front of your armpit (imagine you're starting a lawnmower). Slowly lower it back to the start position. Aim for 1-3 sets of 10-15 reps.

Planks

Targets: Core muscles

Lie face-down on the floor, resting on your forearms. Tensing your body to keep it straight, press up onto hands and toes (as if doing a push-up), keeping your shoulders down and back. Hold for 15-30 seconds. Repeat 2-4 times, lengthening the hold.

Top tip: Make it harder by resting on your elbows and toes, or easier by using your hands and knees.

Bench push-ups

Targets: Chest and arms

Stand about 90cm from a kitchen bench, resting hands on the bench a little wider than shoulder width. Set your shoulders, bend your elbows and slowly lower your chest towards the bench, keeping your body straight. Push back to the start position. Aim for 1-2 sets of 10-15 reps.

Top tip: Make it harder by doing your push-ups on the floor or easier by doing them against a wall.

SLEEP YOURSELF SLIM

Getting better zzz's is good for your diabetes and your weight loss

Do you often find yourself wide awake at 2am, envying the people around you as they peacefully slumber on? You're not alone! Research suggests that as many as 20 per cent of Australians regularly experience a poor night's rest.

Unfortunately, a persistent lack of sleep can lead to weight gain, an increased risk of developing type 2 and, in people who already have diabetes, complications with glucose management.

Rest easy and start hitting your weight-loss targets by trying these bedtime tactics:

SLEEP SOLUTION

Steady your levels

Getting enough sleep helps you manage your blood glucose levels (BGLs) and managing your BGLs helps you to sleep better. Elevated levels at night can have you waking to go to the loo because your kidneys are trying to flush the sugar from your system.

Go back to basics to help keep your BGLs on an even keel – eat balanced meals, exercise regularly, test as directed and try to minimise stress.

SLEEP SOLUTION

Start a routine

Go to bed at the same time on most nights and follow the same pre-bed rituals.

You might, for example, turn off electronic devices an hour before bedtime and read for a while, then wash your face and brush your teeth before snuggling under the covers and recalling three positive or pleasant moments from your day. Following a sleep routine tells your mind and body it's time to rest.

SLEEP SOLUTION

Work out daily

Exercise for at least half an hour every day. It helps lower cortisol levels raised by stress, which can keep you awake at night.

SLEEP SOLUTION

Cool down

Ensure that your bedroom is dark, silent and cool before bedtime – about 18 degrees is a good room temperature for sleeping.

SLEEP SOLUTION

See a doctor

If you are overweight and snore, see your GP. You may be one of the 80 per cent of undiagnosed sleep apnoea sufferers whose obstructed breathing wakes them dozens of times during a night. ➤

REMAKE *your* MENU

Love a bedtime snack? Choose wisely and dream on!

HAVE THIS

Bananas
These mellow yellow lovelies are rich in the natural muscle relaxants magnesium and potassium.

Low-fat Greek-style yoghurt
Its pairing of calcium and tryptophan helps make sleep-inducing melatonin.

Lettuce
Leafy greens can help you snooze! Some species contain lactucarium – or 'lettuce opium' – in their stems.

Walnuts
High in fibre and good fats, walnuts also aid melatonin production. Enjoy four or so at bedtime and rest easy.

NOT THAT

Caffeine
Sadly, it's true: coffee and dark chocolate can spark alertness at bedtime.

Alcohol
It can disrupt sleep patterns – and have you waking up for loo visits.

TO LOSE WEIGHT
follow our delicious, nutritionally balanced recipes (from page 20)

YOUR WEEK 2

Feeling motivated to do more? Move a little closer

MONDAY

VEG IT 'Research shows that including fewer animal foods in your diet results in a lower body weight,' says *DL* dietitian Dr Kate Marsh.

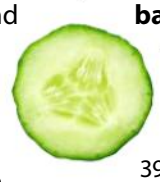
An easy way to reduce the amount of meat you eat and boost your weight loss is by going meat-free one night each week.

Not sure what to cook? For deliciously filling veg-spiration, check out the recipes on our website at diabeticliving.com.au

MOVE IT Increase your walk to 20 minutes at a moderate pace, says Christine Armarego. Make a point of stretching throughout the day as well.

TUESDAY

EAT IT For a fast lunch, toss 90g (½ cup) cooked **low-GI rice** with 95g can **tuna in springwater,** 125g can **four-bean mix,** 4 **cherry tomatoes,** ½ **Lebanese cucumber,** chopped, and 2 tsp **balsamic vinegar.**



PER SERVE 1200kJ, **protein** 26g, **total fat** 1g (sat. fat 0.2g), **carbs** 39g, **fibre** 7g, **sodium** 414mg. • **Carb exchanges** 2½. • **GI estimate** low. • **Gluten free.**

PUSH IT ● **Wall presses** Stand 80-100cm away from a wall, resting your hands (fingers pointing up) on the wall (lower than shoulder height). Bend your elbows to bring your chest close to the wall, then push away by straightening them. Aim for 1-3 sets of 10-15 reps.

● **Wall sits** Stand with your back against a wall and your feet 80cm from it. Slowly slide down the wall as far as is comfortable, but don't let your knees go past 90°. Hold for 5-25 seconds then slide up again. Repeat 1-3 times.

WEDNESDAY

CARB IT Thought that cutting out carbs would move the scales more quickly? Think again, says Dr Marsh. Carbs are energy foods, she says, and avoiding them causes fatigue and lowers mood. In addition, ditching carbs without adjusting your insulin and oral diabetes meds can result in hypoglycaemia (low blood glucose levels).

The golden rule? Make sure the carbs you eat are nutrient-dense, low-GI, fibre-rich carbs such as whole grains, legumes or fruit.

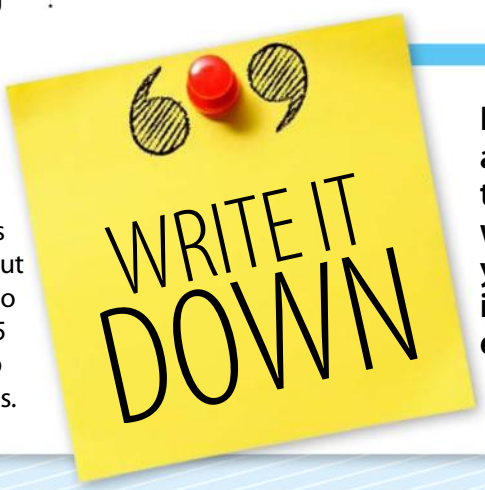
REST IT Take an exercise break today.

THURSDAY

PLAN IT Remember the advice from Monday, Week 1? It's a great habit to start!

Aim to fill half your plate with non-starchy vegies or salads, a quarter with lean protein and another quarter with lower-GI carbs (especially wholegrains and legumes). Also incude a small amount of healthy fats such as avocado, nuts, seeds or olive oil.

SPEED IT UP Go for a 20-minute walk but take your moderate pace up a notch, if you can. Increasing the speed boosts the amount of energy you use.



Record your achievements this week, as well as what you'd like to improve. You're doing well!

ACTION PLAN

to your goals and start seeing results you'll love

FRIDAY

SNACK IT Do you combat 3pm-itis with a trip to the vending machine? Satisfy your hunger and sidestep a kilojoule blowout by portioning healthy snacks into zip-lock bags and keeping them on hand, says Thea Werkhoven.

Try 30g of trail mix, 10 natural almonds and 1 medjool date or ½ cup of roasted broad beans or chickpeas.

TONE IT Focus on strengthening your legs with simple resistance exercises such as sit-to-stands, squats, lunges or calf raises. Aim for three sets of 10-15 reps.

SATURDAY

RE-COLOUR IT Want to eat less at each meal and still feel satisfied? Research suggests that serving your food on a plate that is different in colour to the food on it can help do the trick.

So if you're eating steak and a colourful salad, go for a white plate. Having chicken and corn soup? Opt for a red bowl. Go on, give it a go!

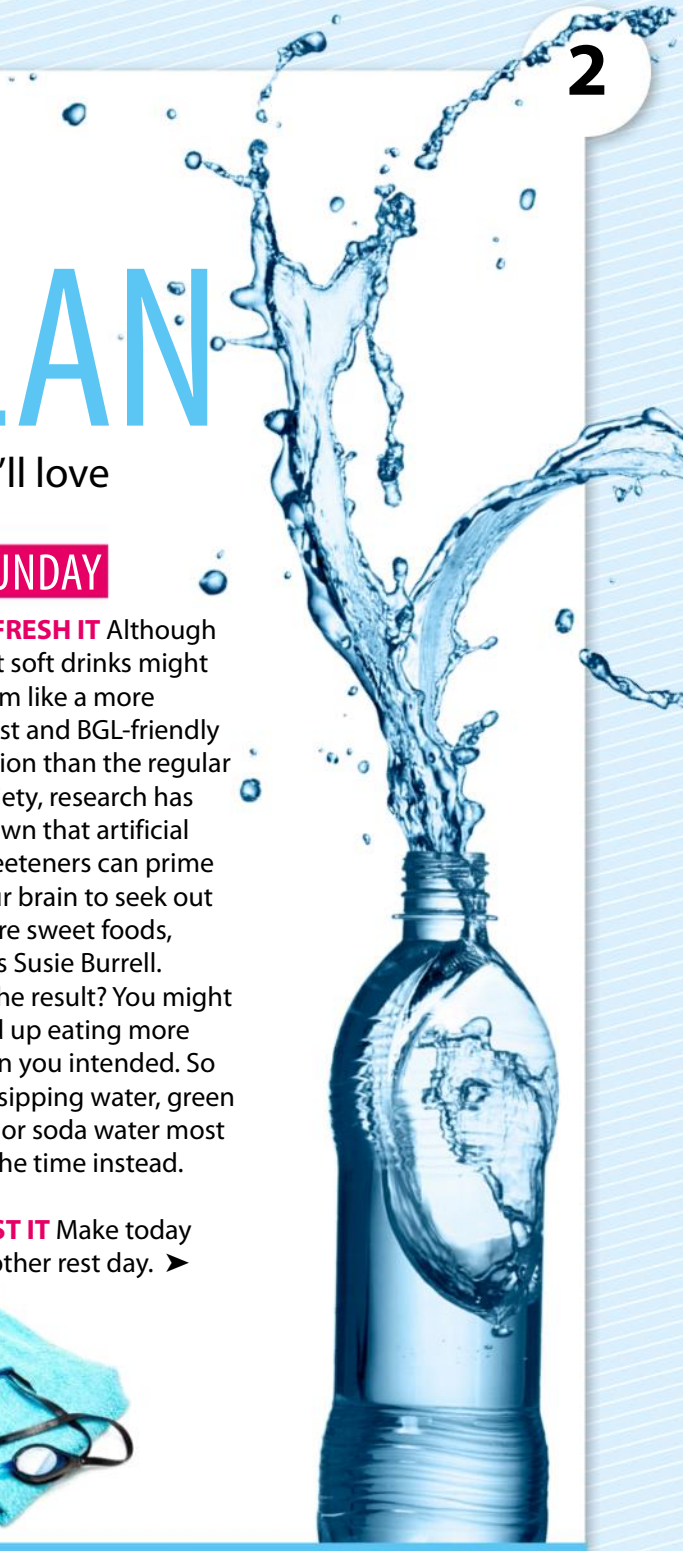
LAP IT Do some laps in a pool for 20 minutes (even if they are mostly walking). Exercising in water unloads the joints and improves endurance.

SUNDAY

REFRESH IT Although diet soft drinks might seem like a more waist and BGL-friendly option than the regular variety, research has shown that artificial sweeteners can prime your brain to seek out more sweet foods, says Susie Burrell.

The result? You might end up eating more than you intended. So try sipping water, green tea or soda water most of the time instead.

REST IT Make today another rest day. ➤



My weight this week: _____

My waist measurement this week: _____

I am proud of...

_____

_____

_____

_____

I would like to change...

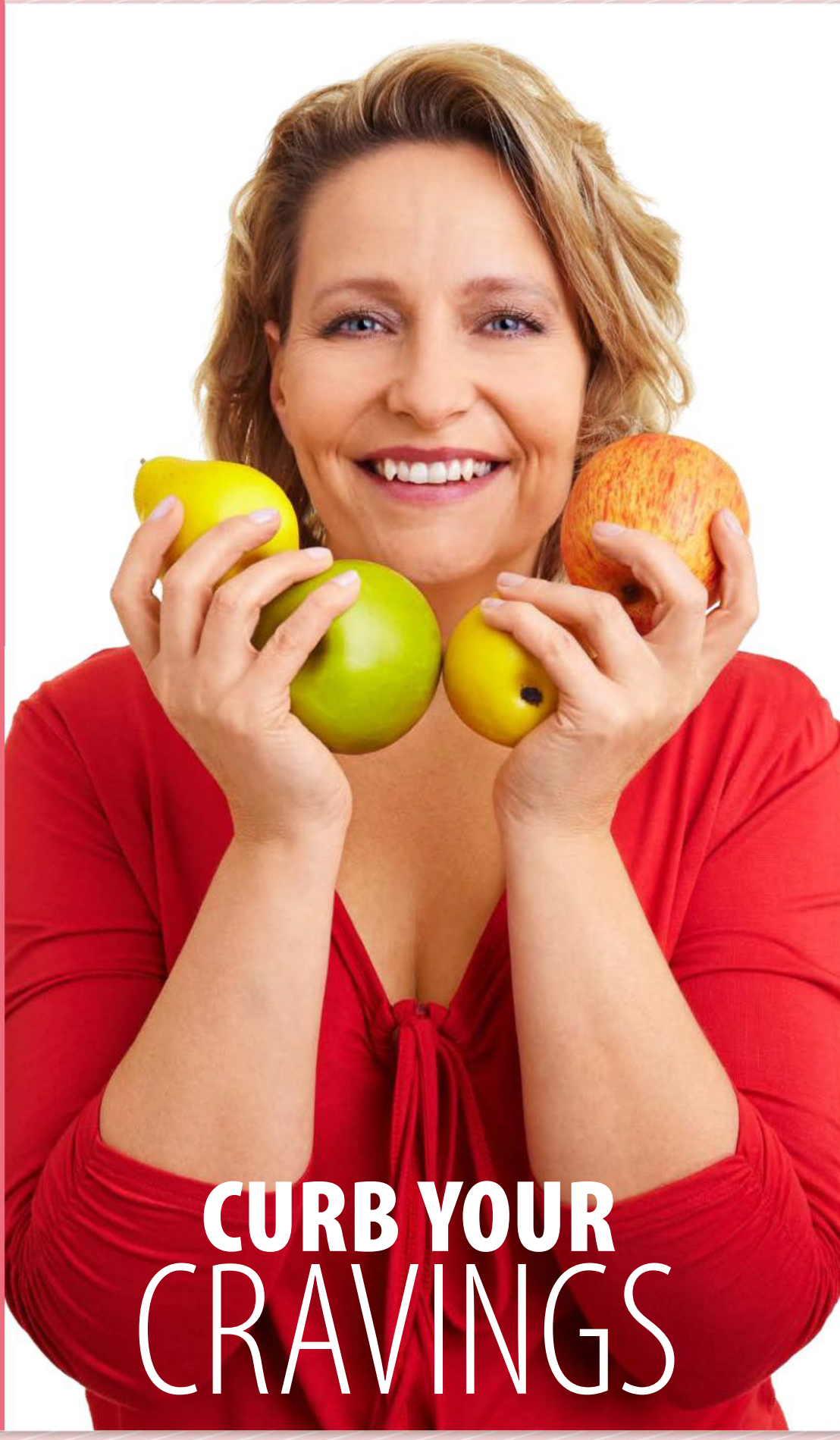
_____

_____

_____

WEEK 3

Congrats on reaching the halfway mark! This week is all about fab food swaps, trimming your tummy and beating weight-loss boredom



CURB YOUR CRAVINGS

By now you'll probably be feeling the benefits of your efforts. Perhaps you have more energy, are sleeping better and are even noticing that your clothing is looser. Even if you haven't seen a shift on the scales, you're bound to be feeling pleased with your new and healthy habits. So press on to a fitter and lighter you.

First, let's look at food cravings. Whether it's the siren call of lollies, biscuits or buttery toast, cravings can derail the healthiest of diets. Here's how to enjoy those treats without letting your cravings run the show...

Do a hunger audit

Before you reach for that cupcake or packet of chips, tune in to whether you're experiencing 'tummy hunger' or 'head hunger'.

'It's about determining whether the hunger is a feeling in your stomach or more in your head because you're feeling stressed, emotional or tired,' says accredited practising dietitian Nicole Dynan, spokesperson for the Dietitians Association of Australia.

If you do decide to indulge, eat mindfully, savouring taste, texture and smell. 'This helps your head catch up with your stomach,' says Dynan.

Get enough sleep

If you're scraping by on less than seven to nine hours of sleep per night, you may find your cravings intensify. 'We get our energy from sleep or food, so if we're not getting enough sleep, we're going to make up for it with food,' says Dynan.

Even a few sleepless nights are enough to spike the hunger hormone ghrelin by 28 per cent, as well as trigger cravings for sugary, salty and starchy foods, according to studies. So make sure you get plenty of shut-eye!

Retrain your brain

Mental imagery is thought to help drive cravings, and the more vivid those hot chips are in your mind's eye, the stronger your craving.

The good news? You can make your imagination work for you. Scientists at Flinders University, Adelaide, found that conjuring images of common sights (such as a rainbow) helped curb cravings.

Fill up with protein

'Eating protein-rich foods such as low-fat milk, cheese and yoghurt, unsalted nuts, eggs and lean meats throughout the day can reduce cravings, as these foods help to keep us full and satisfied,' says Dynan.

While lunch and dinner typically include protein, don't overlook breakfast. A US study found a higher-protein breakfast (such as an omelette) boosts satiety and reduces brain signals that control reward-driven eating behaviour. ➤

MAKE *the* SWITCH

Satisfy your cravings in waistline-friendly ways

White toast with butter

Wholegrain sourdough with nut butter

Milk chocolate

Two squares of 70%+ cocoa chocolate

Lollies

Sugar-free lollies or fruit

Potato chips

Air-popped popcorn

Ice-cream

Greek-style yoghurt with berries

BYE-BYE BELLY FAT

Getting rid of that jiggly tummy can do more than help your jeans fit – it could save your life

Your waist measurement is important because it is the most obvious indicator of how much visceral fat is packed around your organs. Unlike subcutaneous fat, which jiggles just under the skin and is relatively benign (although annoying to carry around), visceral fat is a serious threat to your health.

It also generates chemicals called cytokines that cause inflammation, which raises your risk of heart disease and some cancers. Cytokines also make cells less sensitive to insulin.

Higher concentrations of the stress hormone cortisol in your blood encourage the storage of excess energy as visceral fat, says Associate Professor Stephen Boutcher at the School of Medical Sciences at the University of NSW.

'High cortisol is caused by poor sleep, work stress, depression and smoking,' he says, so it's important to consider all these factors if you want to reduce visceral fat.

To get your tummy fat under control, make these healthy lifestyle changes today:

BELLY BLITZ #1
Reduce stress

Identify something that works for you, whether it's gentle yoga, listening to music, being outside or practising mindfulness.

BELLY BLITZ #2
Sleep tight

Try to sleep for at least seven hours a night to reduce cortisol levels and encourage appetite-regulating hormones. Turn to page 99 for more sleep-well solutions.

BELLY BLITZ #3
Exercise regularly

The Harvard Medical School recommends doing 30 to 60 minutes of moderate-intensity activity a day to combat belly fat.

Professor Boutcher has found that doing a 20-minute program on a stationary bike three times a week can cut visceral fat by 15 per cent over 12 weeks, as well as reducing your insulin resistance by 20 to 50 per cent.

The program alternates eight seconds of fast spinning with 12 seconds of moderate pedalling. Talk to your doctor or exercise physiologist about whether such a program could work for you.

BELLY BLITZ #4
Shrink your intake

To effectively lose weight, including abdominal fat, 'most people need to consume about one-quarter fewer kilojoules each day than they currently consume', writes Dr Alan Barclay in his book *Reversing Diabetes* (Murdoch Books, $35).

Speak to your dietitian or diabetes educator about safely reducing your kilojoule intake.

BELLY BLITZ #5
Switch to low GI

Recent research has concluded that a diet consisting primarily of low-GI foods helps weight loss and visceral fat reduction as low-GI foods break down more slowly than high-GI foods. The result? Steadier rises in your blood glucose and insulin levels.

Head to glycemicindex.com for more about low-GI foods.

MAINTAIN THE MOMENTUM

Well done for making it this far! Now try these motivation mantras to stay focused

You're starting to notice a difference, but beware weight-loss boredom and complacency. Now is the time to ramp up your efforts and go from feeling better to feeling great! It's about keeping up the good work until it becomes a way of life.

Watching what you eat and staying on your own case about exercise can be a chore. So, let's remember why we started this caper – there's nothing better than walking with a newfound spring in your step, or loving how your clothes fit, or feeling so positive you want to get your teeth into a new project, or having your doctor say you can toss the cholesterol meds, or signing up for your first 5km walk for charity...

One of the big keys to maintaining motivation is to remember your goals. To keep them front of mind, write them on sticky notes that smile at you from your fridge or your bathroom mirror, and have them pop up in your digital calendar.

In your quest to achieve them, tune in to what works for you. Whether you love routine, or variety and new thrills, consider these strategies:

Switch up your lifestyle

As you're buying more vegies, why not explore recipes from different countries? Or download a healthy food app, buy a colourful salad bowl or non-stick frying pan and plan regular picnics with friends.

Explore the world of healthy eating. There's nothing boring about Mediterranean, South American or Vietnamese flavours.

Mix up your exercises

Switch up your intensity and interest by adding new activities and sports to your routine. This will also help you use a range of muscles in different ways. Recruit some of the less-used muscle groups by trying Pilates or kayaking, or buy a skipping rope and gradually increase your skips before breakfast every day.

Do it with friends

Accredited exercise physiologist Joshua de Rooy says one of the greatest motivators for healthy activity is to commit to meet someone for exercise, or join a class or sign up to a club (tennis, swimming or cycling). Adding people power will increase your commitment and double the enjoyment factor.

Call in support

A dietitian, life coach or exercise physiologist can help you keep up your resolve and adjust your program if it needs tweaking.

'A health professional can give alternatives when something isn't working,' says dietitian Dea Krismarietta. 'We can reinforce someone's reasons for losing weight and help them stay on track.'

Love your new lifestyle

You're not on the outside looking in anymore, Dorothy! You are living the healthy life, so let yourself go all out.

Research your new interests. Plan scenic routes that involve walking to work or to the shops. Seek out the best footwear for your new activities. Try every aquarobics class within 10km of your home. Sign up to a healthy-food blog or two. Spend time at local markets comparing produce and checking out what's in season – even grow your own. Get carried away! ➤

TO LOSE WEIGHT
follow our delicious, nutritionally balanced recipes (from page 20)

YOUR WEEK 3

Stay on a roll and beat the plateaus with these top

MONDAY

ROUGH IT Research shows that dietary fibre, when fermented by bacteria in the lower intestine, releases an appetite suppressant that tells your brain to stop eating.

That's just one great reason to include 25-30g of fibre in your diet each day. Find it in fruits including banana, apple and pear (skin on), and vegies or pulses such as asparagus, onion and cooked dried beans.

MOVE IT Go for a 30-minute walk at a moderate pace and add in a few hills, says *DL* accredited exercise physiologist Christine Armarego. Hill climbs increase the intensity of your walk and your cardiovascular fitness.

TUESDAY

CHECK IT As a rough guide, *DL* dietitian Lisa Urquhart recommends choosing products with the following limits to keep your weight and blood glucose levels (BGLs) steady:

- **Fat** Less than 10g of total fat per 100g (exceptions: unsaturated oils, hard cheeses, nuts)
- **Sugars** (sucrose, fructose) Less than 15g per 100g (exceptions: aim for 25g or less in foods with dried fruit)
- **Sodium** Less than 120mg per 100g (exceptions: bread and stock)
- **Fibre** More than 7.5g per 100g (exceptions: foods that don't contain fibre, such as dairy products).

HOLD IT Focus on your core strength today to give your limbs a strong base to work off. Try exercises such as bridges, planks, heel taps, mountain climbers and alternating leg lowers. Ask your exercise physiologist how to perform these safely.

WEDNESDAY

TO-DO IT When you feel the urge to eat something indulgent, aim to achieve just one more task before taking a bite. We all have lots of little 10-minute jobs on our plates, such as bringing in the washing, watering a few plants, sending an email or looking over a report.

These delaying tactics distract you when you might not really be hungry, and help you tick through your to-do list.

MOVE IT Go for a 35-minute walk at a moderate pace, adding in those hills again.

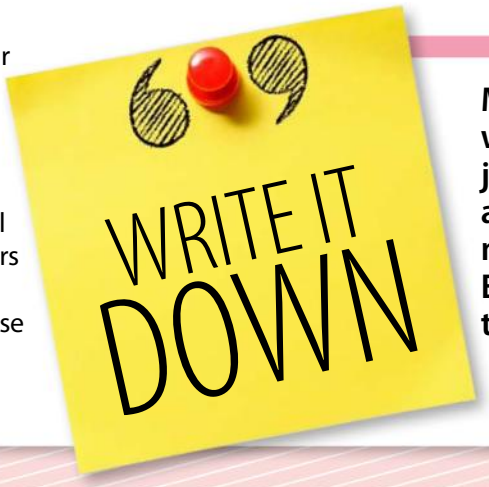
THURSDAY

SIP IT There's no need to bin your favourite tipple when you're trying to lose weight (see *So you think you can drink?* on page 126).

A better tactic is to change how you quaff. Try alternating alcoholic drinks with mineral or soda water to keep your energy intake on track. And aim to have at least two alcohol-free days a week.

MOVE IT Do a heart-pumping circuit by alternating between:

- **Step ups** (6-8 sets x 1-3 minutes)
- **Resistance exercises** 3 x 15 reps of squats, wall presses, bridges, lunges, upright rows, planks or biceps curls.



Mapping your weight-loss journey is an effective motivator. Enjoy the path to success!

ACTION PLAN

tips for healthy weight loss – trust us, they work!

FRIDAY

SNACK IT Thread 1 **Lebanese cucumber,** cut into chunks, 12 **cherry tomatoes,** halved, and 50g **reduced-fat feta,** cut into cubes, onto 4 skewers. Whisk ¼ tsp **extra virgin olive oil,** 1 tsp freshly squeezed **lemon juice** and freshly ground **black pepper.** Drizzle over skewers. Serves 2.

PER SERVE 369kJ, **protein** 7g, **total fat** 4.7g (sat. fat 2.7g), **carbs** 3g, **fibre** 2g, **sodium** 279mg. • **Carb exchanges** ¼. • **GI estimate** low. • **Gluten free.**

REST IT Today's a day to allow your body to recover and rest, which is essential for muscle growth. Enjoy!

SATURDAY

PULSE IT Legumes (aka pulses) pack one heck of a healthy punch. On top of being full of fibre and having cholesterol-lowering properties, they are an inexpensive source of protein.

Research shows that eating legumes can also help you feel full, which is great for weight loss.

Enjoy them in lots of tasty ways by adding cannellini, red or broad beans to soups, curries, stir-fries and salads.

LAP IT Do some laps in a pool for 30 minutes. Swimming improves cardiovascular fitness and endurance.

SUNDAY

SWAP IT Something as simple as changing from dried fruit to fresh can equal big savings on the scales. Try switching 2 Tbsp of raisins for ½ cup of fresh blueberries to save 213kJ. The blueberries also contain 60 per cent less sugar and 60 per cent fewer carbs than the raisins.

MOVE IT Go for a 40-minute walk at a moderate pace, with or without hills. ➤

My weight this week: _____

My waist measurement this week: _____

I am proud of...

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I would like to change...

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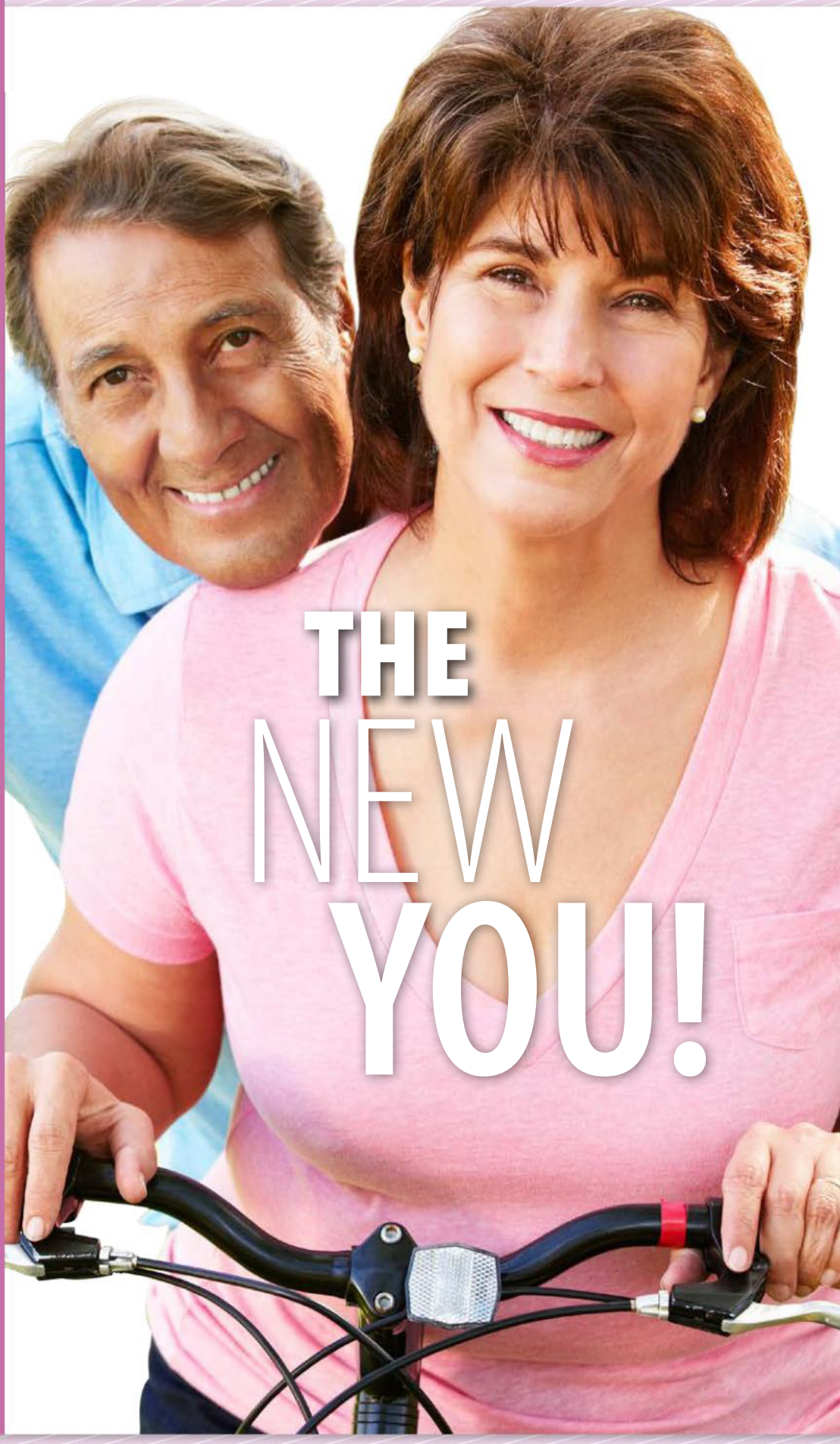
WEEK 4

Now that you're well on your way to your new healthy life, here's how to stay focused. Good habits are here to stay!



THE NEW YOU!

By now you'll be settling into new routines and enjoying the fruits (and vegetables!) of your labour. Sure, you may still have a way to go to reach your ideal weight, but stay on track and the positive results will keep coming.

This week we look at food habits that may be sabotaging your weight-loss efforts, four quick-smart workouts you can squeeze into a busy day and lots of great suggestions that can help you stay slim today, tomorrow and forever.

When you're frustrated or bored, do you head for the fridge? If you're disappointed or upset, do you reach for a sweet treat? When meeting friends or celebrating the end of a busy week, do you find yourself ordering salty snacks or takeaway?

If you answered yes to any of these questions, you may be an emotional eater. It's an issue more common in women than men and the effects can be significant, says Clare Collins, Professor in Nutrition and Dietetics at the University of Newcastle.

A recent study found that 83 per cent of Australians who are overweight or obese eat emotionally.

'Emotional eating can involve sad or negative emotions, but we can also eat this way when we're happy,' says Professor Collins. 'Whatever the emotion, you'll eat more than you planned and eat foods that are easy to grab and are highly processed.

'Not surprisingly, this contributes to weight gain and poorer control of blood sugars. The more blood glucose is elevated the greater the amount of damage done to blood vessels in the eyes, kidneys, fingers and nerves. So emotional eating robs you of good health and it's not your friend,' she says.

If you are an emotional eater, whether sometimes or a lot of the time, try these five fixes:

1 DISCOVER YOUR TRIGGERS Keep a food and mood diary and record in it everything you eat, the time you eat and how you were feeling before and after eating. See if you can identify the patterns that trigger you to find food.

2 OWN IT If you've become aware that you are an emotional eater, resolve to do something about it.

'Can you manage it yourself?' asks Professor Collins. 'If it's entrenched, talk to your GP and get some professional help.'

3 BRANCH OUT Find an alternative to food that lifts your emotions. It may be going for a walk, dancing to music, getting out in the garden, reading or looking through photo albums. Choose something that makes you feel relaxed and rewarded.

4 RETRAIN YOUR BRAIN 'A study scanned the brains of people before and after going on a weight loss diet,' says Professor Collins. 'Initially when they were shown pictures of fruits and vegetables, their brains flatlined. When they saw cake, their brain activity lit up.

'After the people lost weight, their brains lit up when they saw images of fruits and vegetables. So you can retrain your brain to see healthy foods as a reward.'

5 FOLLOW THE SIGNS Put reminder notes in places where you stash the foods you eat when emotional. 'Make a sign that reminds you of your big-picture goal, whether it's fitting back into a favourite pair of jeans or wanting to feel more energetic,' says Professor Collins.

'A sign can break your thoughts and give you time to regain control as you reach for the biscuits or cake.' ➤

WONDER WORKOUTS

Got 20 minutes? It's all you need every day to get fitter, healthier, slimmer and happier!

THE 20-MINUTE

Walking workout

Walking is simple and effective, especially if you're new to exercise. Twenty minutes of walking can be broken up during your day, so it's an achievable goal. Want to do it all in one hit? Go all out and try interval training – walk as fast as you can for 30 seconds to two minutes, then return to a moderate pace until your heart rate recovers. Repeat this throughout the 20 minutes. You'll get fitter – and healthier – faster.

THE 20-MINUTE

Resistance workout

Just 20 minutes is great for blood glucose levels (BGLs). This, too, can be broken up over the day. Aim for 1-3 sets of 10-15 reps with medium to heavy weights. Ask your exercise physiologist how to perform…

- **Squats**
- **Single-arm rows**
- **Upright rows**
- **Chest presses**
- **Biceps curls**
- **Lunges**
- **Triceps extensions**

THE 20-MINUTE

Circuit session

Great for cardiovascular fitness, it's best to do these exercises in a block, performing each for 1-2 minutes. Rest as you need.

- **Step-ups or easy walk**
- **Planks (on elbows or hands and on knees or toes)**
- **Jumping jacks or leg side taps**
- **Side planks**
- **Push-ups (on elbows or hands and on knees or toes)**
- **High knees or marching on the spot**
- **Bridges**
- **Alternating punches**

THE 20-MINUTE

Sitting workout

If you don't like to stand for long periods because you get tired or lose your balance, don't worry! You can still do lots of exercises effectively on a chair.

- **Biceps curls**
- **Bent-over rows**
- **Triceps extensions**
- **Sit-to-stands**
- **Shoulder presses**
- **Lateral raises**
- **Seated sit-ups**
- **Leg extensions**
- **Calf raises**
- **Knee lifts**

5 WAYS TO FIT IT IN

In the morning Rather than pressing snooze, start your day with 20 minutes of exercise – you'll hit the shower with a real sense of achievement!

Maximise your lunchbreak On the way to getting your lunch or before sitting down to eat, get some incidental exercise. You'll return to work feeling energised.

Do it clean Housework isn't the most fun job in the world – but add music and it's like a dance class at home!

Get off the couch When watching TV, try doing 10-20 minutes of exercise during the ad breaks, even if it's just running on the spot.

The walking meeting Instead of having a coffee catch-up or quick meeting in the office, try doing your talking while you're walking.

STAY FOREVER SLIM

Sometimes, losing weight is the easy part. Here's how to keep it off for good

So, you've hit that magic number on the scales – congratulations! But how do you maintain your trim physique and improved health for a lifetime? Give these simple and practical solutions a try...

Think long-term

The best way to get started with weight maintenance is to take a look at what helped you reach your weight-loss goals in the first place.

Think about which habits can become automatic (such as practising better portion control and drinking more water) and which you can adapt so they are sustainable down the track.

For example, if you don't have time to exercise every day aim to clock up 40 minutes several times a week instead. Love takeaway? Don't deprive yourself of that delicious Thai or Chinese meal altogether – just make it a once-a-week event.

Striving to lead a healthy life most of the time is far more achievable (and fun!) than always chasing perfection.

Give bad habits the flick

Before you began losing weight, did you regularly have excuses for putting off exercise to another day? Or were you always the first one to ask for a plate of seconds?

Make a list of the habits that tripped you up in the past and keep it somewhere visible, such as on your fridge or phone, or next to your computer. Refer to it if you find yourself slipping back into old patterns.

Set yourself mini goals

When you're slimming down, you're consistently hitting goals – think being able to cut back on your diabetes meds, fitting into new clothes, or getting a better night's sleep. Achieving these goals helped keep you going, right?

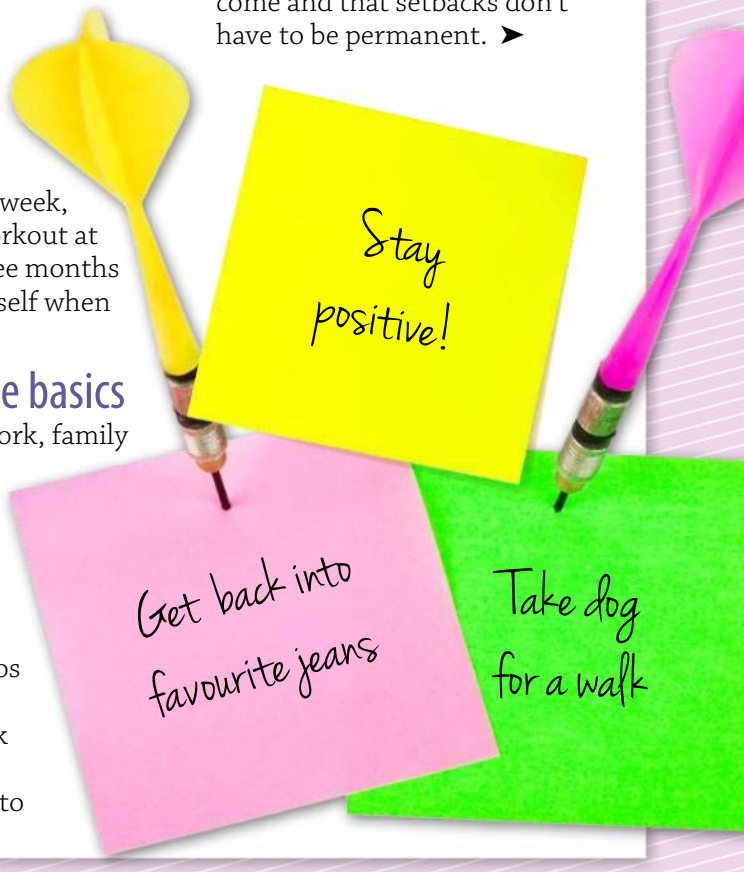
Maintain that momentum by setting new goals – such as aiming to cook a new healthy meal each week, or trying a new workout at the gym every three months – and reward yourself when you reach them.

Remember the basics

Let's face it: life, work, family and diabetes can all get in the way of a healthy lifestyle from time to time. If stumbling blocks are causing the kilos to creep back on, don't let them! Ask your care team for advice if you need to change your medication or insulin regime, or if there are new health conditions that you need to manage. And go back to basics to help get your weight back on track.

For starters, give these a try:

- **Find opportunities** to move more throughout the day, even if it's just doing housework or taking the dog for a walk.
- **Be mindful** of what you're eating and track your food intake in a diary.
- **Stock your pantry** with good foods and freeze leftovers for those days and nights when you don't feel like cooking.
- **Seek support,** whether it's from your family and friends, your care team or an online community such as the *Diabetic Living* Facebook page.
- **And, most importantly,** don't become discouraged! Remind yourself of how far you have come and that setbacks don't have to be permanent. ➤



TO LOSE WEIGHT
follow our delicious, nutritionally balanced recipes (from page 20)

YOUR WEEK 4

Power through to the end – and celebrate all the

MONDAY

EAT IT While making the same meals over and over means less guesswork for you, it can get very boring, very quickly. The result? Your motivation to eat healthily and lose weight can suffer.

Add variety to your brekkies, lunches and dinners by cooking simple, satisfying meals using fresh, seasonal ingredients, says *DL* food editor Alison Roberts.

For great ideas at a glance, turn to our seven-day, dietitian-approved Menu Planner on page 80.

MOVE IT Incorporate interval training into your walking. Try walking for 40 minutes, adding intervals of 1-2 minutes at your fastest pace every 4-5 minutes. This will help get you fitter faster, says *DL* accredited exercise physiologist Christine Armarego.

TUESDAY

CORK IT Sipping an alcoholic drink before eating means you'll drink more than if you're just drinking with your meal, so put a cork in it until you're ready to sit down.

MOVE IT Do a circuit of impact exercises to improve bone mineral density and increase muscle power. Try:

- **Marching** on the spot or high knees
- **Side leg taps** or jumping jacks
- **Easy walk** or step-ups
- **Squats** with knee kicks or sit-to-stands with side leg raises
- **Alternating** punching or frontal raises.

WEDNESDAY

SWEET IT For a quick low-fat dessert, layer 250g **strawberries,** hulled, sliced, with a 150g tub **Frûche Vanilla Bean** and 1 **sponge finger biscuit,** chopped, between two serving glasses. Serves 2.

PER SERVE 485kJ, **protein** 7g, **total fat** 1.3g (sat. fat 0.6g), **carbs** 17g, **fibre** 2g, **sodium** 71mg.
- **Carb exchanges** 1.
- **GI estimate** medium.

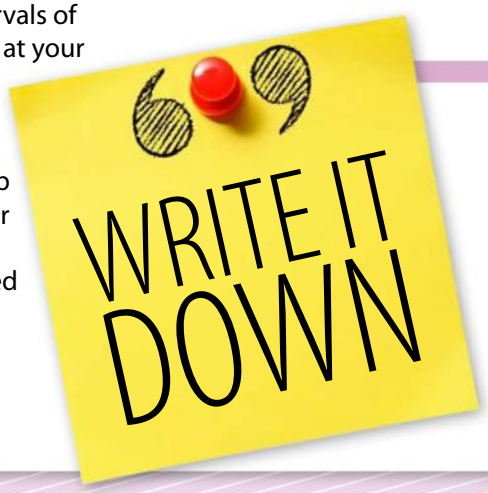
MOVE IT Again, go for a walk, incorporating interval training. Walk for 45-50 minutes this time, with intervals of 1-2 minutes at your fastest pace every 4-5 minutes.

THURSDAY

CHECK IT Being deficient in essential vitamins and nutrients (such as iron, B vitamins, calcium and magnesium) can cause you to overeat the foods your body is craving, so ask your GP to test you at your next check-up.

MOVE IT Do circuit resistance training that focuses on your hips. Try 1-3 sets of 15 reps of:

- **Side leg raises** (standing or lying)
- **Back leg raises** (standing or lying)
- **Squats** with side leg lifts
- **Kneeling** with side knee lifts
- **Kneeling** with back leg raises
- **Squats** with sidesteps
- **Lunges** with knee drives.



You've come a long way! If recording your progress has helped, try continuing it in a diary

My weight this week: _____

My waist measurement this week: _____

ACTION PLAN

achievements that have brought you here today!

FRIDAY

INDULGE IT There's nothing wrong with enjoying alcohol, desserts, salty snacks and chocolate, and you should not feel guilty for eating them!

The key is to set boundaries. Instead of having them every day, make them weekend treats, or something you enjoy every few days. You'll savour them more and won't feel as if you're missing out.

REST IT Make today a well-deserved rest day.

SATURDAY

EAT IT Love a bit of sushi at the food court after doing your Saturday shop? Although a lighter, healthier choice than a burger or pizza, sushi is relatively high in carbs. An average roll has 30g of carbs or two carb exchanges.

Prevent a kilojoule blowout and a spike in your blood glucose levels (BGLs) by pairing sushi with sashimi, edamame and/or miso soup, advises *DL* dietitian Dr Kate Marsh.

SPLASH IT Get back in the pool and try an aqua class or swim more laps, aiming to beat your last effort.

SUNDAY

SIP IT There's nothing better than a coffee catch-up with friends over the weekend. For a lighter version of your favourite cuppa, try switching from a regular Gloria Jean's mocha to a small Gloria Jean's skim cappuccino. You'll save 700kJ, 9g of fat, 20g of carbs and 17g of sugar – no deprivation required!

MOVE IT Go for a 50-60-minute walk incorporating intervals and hills. Can you walk at your fastest pace up each hill and recover on the way down or on flat ground? The harder you work, the greater will be your insulin sensitivity, cardiovascular fitness and weight loss. ■

I am proud of...

_____

_____

_____

_____

I would like to change...

_____

_____

_____

My total weight loss: _____

My total waist measurement reduction: _____

STAY ON TRACK CHECKLIST

Use this to remind and inspire you on your health journey

- [ ] I'm mindful about what I eat and drink, and keep a food diary so I don't slip up
- [ ] Each week I set myself a new mini health goal
- [ ] Staying active is part of my everyday life
- [ ] I'm my own best friend and I'm kind to myself
- [ ] I never let a bad day turn into a bad week

***'There is no giant step that does it – it is always a lot of* LITTLE STEPS'**

For more health stories visit diabeticliving.com.au

WORDS CHRISTINE ARMAREGO, BONNIE BAYLEY, SUSIE BURRELL, NATALIE FILATOFF, REBECCA LAKE, SARAH MARINOS, DR KATE MARSH, STEPHANIE OSFIELD, LISA URQUHART **PHOTOGRAPHY** GETTY IMAGES

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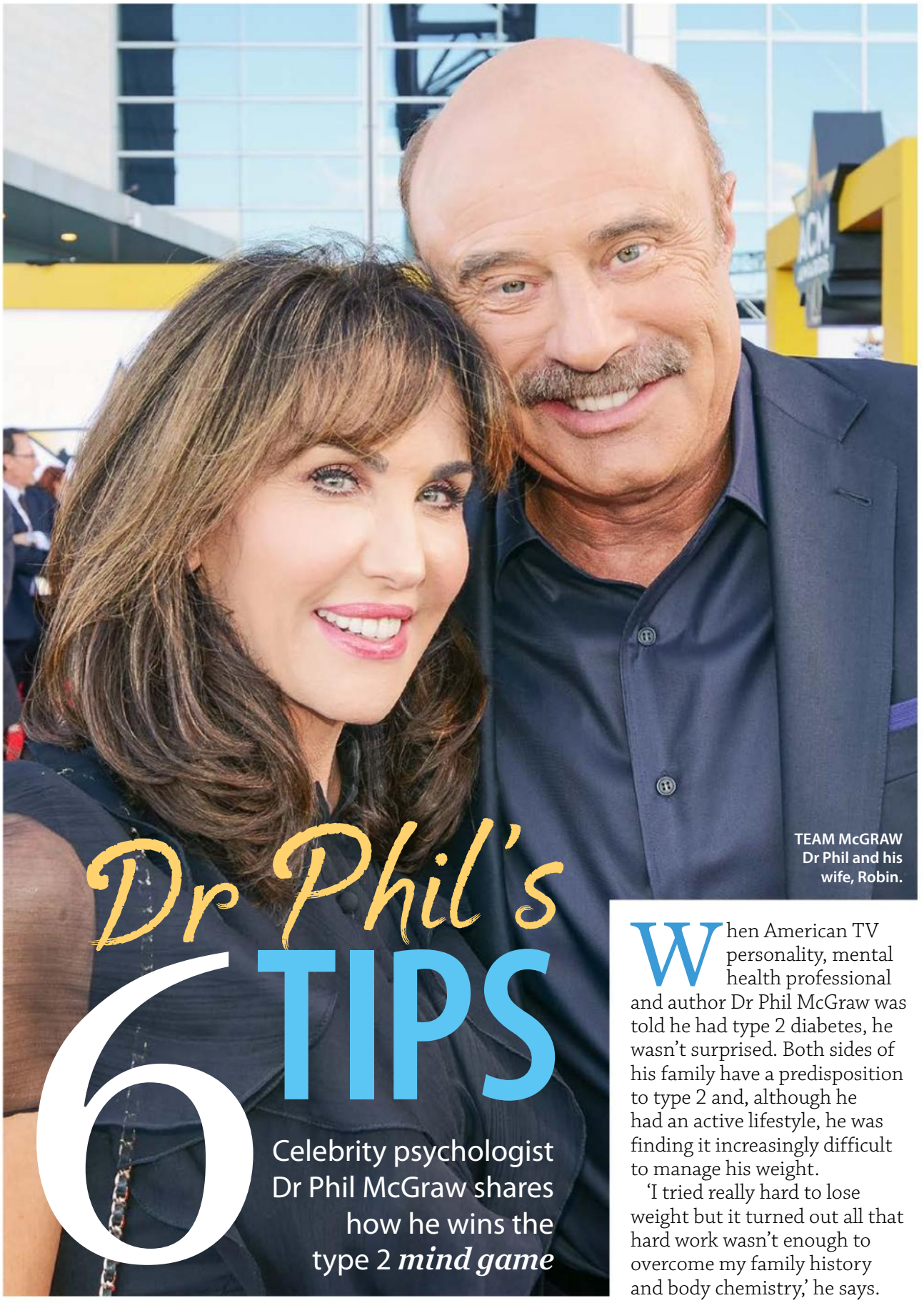

TEAM McGRAW
Dr Phil and his wife, Robin.

Dr Phil's 6 TIPS

Celebrity psychologist Dr Phil McGraw shares how he wins the type 2 ***mind game***

When American TV personality, mental health professional and author Dr Phil McGraw was told he had type 2 diabetes, he wasn't surprised. Both sides of his family have a predisposition to type 2 and, although he had an active lifestyle, he was finding it increasingly difficult to manage his weight.

'I tried really hard to lose weight but it turned out all that hard work wasn't enough to overcome my family history and body chemistry,' he says.

'It requires constant vigilance and it's A TEAM EFFORT with you at the centre'

'I needed help to create a lifestyle plan that included a healthy diet, exercise and medication.'

Fast-forward 25 years and the 66-year-old feels on top of his diabetes – and thankful to those who helped him change his lifestyle and his mindset. Now he wants to pay it forward, so he's encouraging people with type 2 to commit to better managing the physical and emotional aspects of their health.

Dr Phil is sharing the six rules that helped him manage diabetes (which he outlines on the website theonitmovement.com). The first addresses the guilt someone with diabetes may feel.

'So many people feel they're to blame,' he says. 'Truth is, there are many contributing factors to this disease. You've just got to move forward.'

He urges those with diabetes to accept their diagnosis and to tackle head-on the physical and psychological barriers to managing their health.

'It requires constant vigilance and it's a team effort with you at the centre,' he says.

If that sounds like good advice, Dr Phil's management tools may be right for you...

1 MOVE FORWARD Feeling shock, guilt and shame about your diagnosis is natural but it's a waste of time. Risk factors like age, ethnicity and family history all play a part so it's not only about what you did or didn't do. Stop beating yourself up and start focusing on the positive changes you can make right now.

2 GET EDUCATED Your best source for information is your doctor but there's a load of information online and in the bookstore. You don't need to become the world's leading expert but you do need to know what's going on inside your body and what you can do about it.

3 BUILD YOUR TEAM Gather the best team possible to support your health journey. Include your doctor, spouse, kids, a trainer at your gym or your work buddies. I let my team know what my challenges are and what I need them to do.

4 REPLACE BAD HABITS Think about which aspects of your lifestyle you need to change and, one by one, replace a bad habit with something better. Walk instead of drive to places that are close by. Swap garbage food for healthier, less-processed foods.

5 MAKE A PLAN You need a goal and a plan to get you to that goal. Your doctor will tell you what blood sugar levels you should shoot for and it's your job to get them there. With the right plan and support, you can manage your diabetes.

6 STICK WITH IT Once you've been on this path for a while, you're not going to want to get off it. There'll be ups and downs, but the more consistent you are with your medication, diet and exercise, the better your chances of keeping your diabetes where you want it. ■

IN HIS WORDS...

"My mother loved us with food. She'd say, "Come. Eat, eat, eat!" I explained to her that [cakes and pies] are poison for me. That's not in my best interest; that's not loving me. And she got it. She wouldn't tempt me with those things and redefined how she could love me."

"I'd be caught up in my day and work right through lunch. I'd get home just starving and I'd overeat. That's the worst thing for a type 2 diabetic and a bad habit I had to replace."

"My whole team knows I have type 2 diabetes. If a show runs long, they'll have a healthy snack so I'll sit down for five minutes and eat something."

"No one is going to be perfectly compliant. I'm not; I've never been. When you run off the path, don't beat yourself up, just get back on. And the minute you put your foot back on that path, you're back on."

PHOTOGRAPHY GETTY IMAGES

EAT *yourself* HEALTHY

If you're concerned type 2 may be in the future for you or a loved one, ***take action*** with our expert advice for living well

Just beet it... to beat it!

Do you look back at pictures from younger years and wish you were that slim again? It's a common story. As we grow older and busier we tend to move less and perhaps pay less attention to our diet. Or we worry about partners or parents who eat poorly or spend too much time on the couch.

Weight gain and inactivity can increase the risk of pre-diabetes, the precursor to type 2. According to Diabetes Australia, a staggering two million Australians have pre-diabetes and about half of them don't even know it.

While some medications can help and exercise is a top priority, a healthy diet is the gold-star treatment for reducing your diabetes risk or managing type 2 if you have already been diagnosed. Try making the following simple but important food changes and feel the benefits!

1 RETHINK CARBS

Considering slashing your carbs to lower your blood glucose levels (BGLs) or drop a few kilos? Take care! Experts warn this could backfire, leaving you feeling exhausted and hungry.

'Carbohydrates are an essential nutrient,' says Dr Alan Barclay, dietitian and chief scientific officer of the Glycemic Index Foundation. 'Our brains and nervous system require about 140g of carbohydrates each day for optimal functioning. Diets very low in carbs – less than 50g a day – can lower brain function, mood and energy levels.'

While the wrong carb choices can contribute to weight gain and higher BGLs, the right carbs boost your health. Enter the Glycemic Index (GI), which ranks carbs according to how they affect your blood sugars.

'Carbs with a low-GI value of 55 or less are the best choice. They are more slowly digested, absorbed and metabolised so they cause a lower and slower rise in BGLs,' says Dr Barclay.

TRY THIS Invest in a GI food counter to help you separate the healthier carbs (such as basmati rice) from the less healthy (such as jasmine rice).

2 *Skip the soft drinks*

The average can of soft drink contains a whopping 10-12 teaspoons of sugar. 'Drinking just one 330ml can of soft drink per day raises your risk of developing type 2 diabetes by 20 per cent compared with people who don't have these drinks at all,' says Dr Barclay.

TRY THIS Love a sweet drink? Try coconut water or brew some loose-leaf tea and add a dash of maple syrup, which has a lower GI than refined sugar.

3 WATCH YOUR PROTEIN

Despite the recent paleo food trend, it's a myth that lots of protein is good for you. 'Eat too much protein – which many Australians do – and the amino acids can be converted to glucose, raising your BGLs,' cautions Dr Barclay.

'Research shows that whey protein [often found in the high-protein supplements sold in gyms and health food shops] is the most potent insulin stimulator, followed by fish, beef, eggs and chicken.'

TRY THIS Choose lean cuts of meat and serve only palm-sized portions of protein with meals.

4 EAT MORE WHOLE GRAINS

Whole grains contain the germ and bran, where most of the vitamins, minerals and dietary fibre are stored. This means they fill you up, providing steady energy and reducing hunger between meals.

TRY THIS Choose brown rice, kibbled grains such as wheat, barley and oats, and dense wholegrain pasta and bread.

'A good bread choice is rye or wholegrain sourdough, but check the label for the starter culture,' says Dr Barclay. 'If the sourdough taste comes from vinegar, the bread is likely to have a higher GI.' ➤

WORDS STEPHANIE OSFIELD **PHOTOGRAPHY** GETTY IMAGES; ISTOCKPHOTO

5 MAKE VEGIES THE STARS

'Vegetables are low in kilojoules and contain a lot of water and dietary fibre,' says Kate Battocchio, dietitian and exercise physiologist with Diabetes NSW. 'Their insoluble fibre keeps you regular and their soluble fibre slows down digestion, slowing the rate of glucose released into the bloodstream and keeping you feeling full and energised for longer.'

TRY THIS Imagine your plate is split into four, then fill:

- 2 parts with non-starchy vegetables and/or salad
- 1 part with lean protein (about the size of your palm)
- 1 part with low-GI carbohydrates such as sweet potato, corn, legumes, whole grains, pasta or low-GI white rice.

7 *Limit takeaways*

'Takeaway food is high in sugar, fat, salt and kilojoules but low in fibre, so within hours of eating you may feel hungry again,' says Battocchio.

TRY THIS Burgers made with rye buns, lean meat and lots of salad. Or top wholemeal wraps with vegies, spinach leaves and a little cheese.

GETTING TESTED

Being diagnosed with pre-diabetes is your call to act and it all starts with a visit to your GP

- Your doctor will conduct routine blood pressure, weight and finger-prick tests (the last for a quick check of your BGLs). You'll also have to fill in forms for other checks, including cholesterol and oral glucose tolerance tests.
- The night before, eat only a light dinner. Then, eat and drink nothing until after your test. During the test, two blood samples will be taken two hours apart, the second after you have drunk a sweet drink that also contains carbohydrate. In between, you need to sit quietly (so take a book).
- If you are diagnosed with pre-diabetes, tests every three to six months will check if lifestyle changes are helping to lower your BGLs and keep them low.

6 JOIN THE BREAKFAST CLUB

Starting your day on nothing more than a gulp of coffee is a big no-no. 'People who don't eat breakfast may find themselves craving sugar by mid-morning and overeating later in the day,' warns Battocchio.

TRY THIS Get up 10 minutes earlier so you can fuel your body with a healthy brekkie. Eggs on rye bread is a good choice, while porridge gets top billing because oats sate hunger and help prevent weight gain.

8 SHRINK YOUR SERVES

Servings at cafes and restaurants have increased so much that we often supersize our meals at home, too.

TRY THIS Estimate portions using your hands as a guide. 'Rice and pasta servings should be half to one cup, about the size of a fist,' says Battocchio. 'Vegetables should be about two cupped handfuls and protein such as chicken the size of one palm.' ■

REAL-LIFE READ

'How I overcame pre-diabetes'

When her GP told her she had pre-diabetes, Annette Smythe*, 49, burst into tears. 'I'm a nurse's aide, so I see firsthand the impacts of type 2,' says Annette. 'My BGLs were 6.6, which meant I was on the cusp of getting type 2. The thought of the related complications regarding eye, kidney and heart health really upset me. So that night, over a cuppa, I made myself some new foods rules, such as no snacks, no takeaway and eating more vegetables.'

Annette joined a gym, cut out soft drinks and stopped putting sugar in her six daily cups of tea. She reduced her portions of carbs and, to stay full, ate small serves of soup.

'Three months later I cried with relief when my BGLs had gone down to 6.0. Three months after that, they were normal… I was so lucky that we caught my pre-diabetes before it became permanent.'

**Name has been changed.*

For more health stories visit diabeticliving.com.au

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So you think you can drink?

Having diabetes doesn't mean you can't still enjoy your favourite beer or bubbles while toasting your good health. *DL* dietitian ***Dr Kate Marsh*** shows you how

Enjoying a lovely chilled glass of wine or beer at the end of a long day is one of life's little pleasures, but there's nothing fun about the aftermath of having a few too many. In addition to making you feel queasy, dehydrated and headachy, too much alcohol can make managing your diabetes difficult.

For starters, it can increase your appetite, which may reduce your resolve to make healthy food choices. This in turn can lead to high blood glucose levels (BGLs) and, in the long term, weight gain.

Overindulging can cause potentially harmful interactions with many diabetes medications as well as other prescription drugs you may be taking, such as blood pressure and cholesterol-lowering medications.

Regularly going over your limit can also increase your triglycerides (blood fats) and, ultimately, your risk of fatty liver disease.

The bottom line? Have fun but try to stick to no more than the recommended two standard drinks a day. Your diabetes, and your head, will thank you!

How to drink smart

To avoid a hangover and to keep your BGLs on track, follow these commonsense tips:

- Eat a meal, especially if you know that there won't be much food available later on.
- Set your limit and stick to it.
- Start with a non-alcoholic drink first, and alternate alcoholic and non-alcoholic drinks.
- Avoid 'shouts' and don't let anyone top up your drinks. If you can't avoid being part of a shout, buy yourself a non-alcoholic drink when it's your turn.
- Watch your numbers. Everyone responds to alcohol differently, so monitoring your BGLs will help you learn how alcohol affects you and how to reduce the risk of highs and lows when you drink.
- Have some carbohydrate-based snacks but avoid salty foods such as chips or salted nuts – these will make you thirsty, which can lead to you drinking more.

Tips for staying safe

Drinking too much isn't good for anyone, but one of the biggest issues for people with diabetes is that it increases the risk of hypoglycaemia for those who are taking insulin or some types of diabetes medication. This is because alcohol reduces the liver's ability to produce glucose in the event of a severe hypo.

It can also be more difficult to detect the symptoms of a hypo when under the influence of alcohol, and others may confuse your symptoms with being drunk.

Try these strategies to ensure you have a memorable night, for all the right reasons:

- Carry food to treat a hypo and wear your medical ID.
- If you plan to be active (such as on the dance floor) and take insulin, consider reducing your dosage or have some extra carbs.
- Make sure that someone you're with knows you have diabetes and what to do if you have a hypo.
- If you usually adjust your insulin to carbs, do not include the carb content of alcoholic drinks as this can increase your hypo risk.

After the party…

Rehydrate with water and check your BGLs when you get home. If you need to, have a snack and/or reduce your overnight insulin to lower the risk of having a hypo while you're asleep. ■

NUMBER CRUNCHING

What's in your glass?

It's not just the alcohol you need to consider when drinking. If you're watching your weight, keep these kilojoule counts in mind…

Drink	Energy content (kilojoules)*
1 stubbie (375ml) **full-strength beer**	570
1 stubbie (375ml) **low-carb beer**	450
1 stubbie (375ml) **light/low-alcohol beer**	390
1 medium glass (160ml) **sparkling wine**	500
1 medium glass (160ml) **red/white wine**	450
1 glass (200ml) **dry cider**	320
1 glass (200ml) **sweet cider**	440

** Average values only; will vary depending on brand*

TOP TIP: While it might sound like a slimmer option, low-carb beer still has a similar alcohol content to regular beer. Since alcohol has more kilojoules per gram than carbs, light (or low-alcohol) beer is lower in energy and therefore the better option if you are watching your weight.

BE SIZE WISE

A standard drink contains 10g of alcohol. However, some wine glasses can contain up to three standard drinks! While the labels will give you the exact number of drinks each bottle or can contains, a standard drink is approximately:

WINE 100ml

FULL-STRENGTH BEER 285ml

LOW-ALCOHOL BEER 425ml

SPIRITS 30ml

PHOTOGRAPHY GETTY IMAGES; ISTOCKPHOTO

Travel EASY

Good planning is the secret to a fabulous, ***fuss-free time away*** with diabetes

You've booked your holiday and you're counting down the days until you're finally on your way. But that's only the start of getting travel-ready when you have diabetes. From stocking up on scripts and supplies to learning the carb counts of different cuisines, there's plenty to organise to ensure good health and stable blood glucose levels (BGLs) while you're away. To enjoy smoother sailing (or flying or driving!), follow our diabetes travel timeline:

WHEN YOU BOOK YOUR TRIP

Organising travel insurance is a must and will ensure you're covered for medical costs should you become ill or suffer diabetes complications. If you're travelling overseas, register your route by logging onto the Department of Foreign Affairs and Trade website at dfat.gov.au and check out smarttraveller.gov.au too.

Call the airline, cruise company or tour company and ask about meals. 'Many carriers offer special "diabetic" meals that usually contain no added sugars and may also be lower in fat,' says *DL* diabetes educator Dr Kate Marsh. If you're travelling closer to home, check out the nearest large grocery store so you can swing by and pick up fresh food en route to your holiday cabin, B&B or camping ground.

Another thing to check, with airlines especially, is what liquids and other diabetes supplies you can bring on board. Meds, testing equipment and insulin pump consumables are usually carried in hand luggage, while extra insulin is generally transported in your checked-in suitcase.

THREE MONTHS BEFORE YOU GO

Photocopy your passport and itinerary and leave a copy with a relative or friend. It's also a good idea to take a copy with you in case your passport is lost or stolen while you're away.

See your GP and diabetes educator to discuss your travel plans and receive personalised advice, plus a medical letter stating you have diabetes.

'If you're travelling overseas, your GP needs to provide a letter that explains you have diabetes and lists all the supplies and medication you need to travel with,' says Dr Tony Bartone, vice-president of the Australian Medical Association (AMA). Make copies so you have one each for your bag, your suitcase and your travel companion. Also pack your National Diabetes Services Scheme (NDSS) card, which is another form of accepted proof that you need to carry diabetes meds, supplies and equipment.

Discuss with your doctor what vaccinations – if any – you will need for your trip and make an appointment to have them administered (be aware that your GP may need to order them in).

As for your diabetes supplies, Dr Marsh advises discussing these with your GP or diabetes educator, too. 'Work out how many diabetes supplies you will need for the length of your stay,' she says. She recommends packing one month of extra supplies so you're covered for loss, damage or delays.

If you have prescriptions for other medications and you're going overseas, you'll need scripts (with repeats) for all the medications you are taking, so make sure you have them filled before you leave. Your GP will most likely also give you ➤

Pack one month of EXTRA SUPPLIES so you're covered for loss, damage or delays

TOP TRAVEL *snacks*

1. Small packets of nuts or trail mix
2. Muesli or fruit and nut bars
3. Snack packs of roasted chickpeas
4. Fruit tubs or fresh fruit such as mandarins and bananas
5. Ryvitas or a slice of rye sourdough bread spread with cashew butter

Enjoying MORNING SUNLIGHT helps you to reset to the new time zone

Pacific PARADISE

Fun, exciting, restful – Fiji is all things for holidaymakers

While Australia is blessed with fabulous holiday destinations, the idea of relaxing on a palm-fringed tropical island lures thousands of us to visit our Pacific neighbours each year.

A favourite is Fiji, and rightly so – it has recently been acclaimed as one of the world's top countries to visit. Lonely Planet placed the 333-island archipelago at number 10 in its Best in Travel 2016 awards.

Along with the warmth of its people, Fiji offers white-sand beaches, turquoise water and accommodation for all budgets.

See fiji.travel for more.

scripts for anti-diarrhoea medication and antibiotics in case you get sick while you're away, says Dr Bartone.

'This is important because a stomach bug can quickly deplete levels of electrolytes and cause BGLs to fluctuate wildly,' he says. 'To minimise risks when overseas, drink bottled water and avoid unpasteurised milk.'

It's a good idea, too, to do some culinary research.

'If you're on insulin and need to count carbs, find out about the foods you will be eating on your trip,' says Dr Marsh.

If you have type 2, ask your GP if you should change medication doses while away. Let's face it, you're on holidays so there's a good chance you will stray from your usual diet.

Make sure you pack smart and include comfortable walking shoes, compression stockings to minimise fluid issues caused by flying or warm weather, and a good supply of DEET mosquito repellant and sunscreen.

WHEN YOU REACH YOUR DESTINATION

Follow your GP or diabetes educator's pre-travel advice, which may mean having a long sleep when you arrive at your destination and starting a new routine when you wake up. If you're travelling overseas, try to keep your watch set on Australian time at first and delay your insulin or medication by a few hours each day until you're in sync with your new time zone.

If you have a personalised diabetes travel care plan, follow this when you arrive at your destination and return home.

This could include enjoying morning sunlight, which helps you to reset to the new time zone. Having a lazy beach holiday in Australia? Allow yourself a sleep-in, but set your alarm to ensure you don't miss your morning meds or insulin.

At your holiday destination, take care with your food choices. Don't feel you have to sample everything at the breakfast buffet and, if a portion is too big at a cafe or restaurant, leave some food on your plate. 'To avoid BGL spikes (and weight gain!) think quality over quantity,' advises Dr Marsh.

With regards to medication, split up your supplies so you can keep some in your handbag, backpack and suitcase in case one bag is lost or stolen. If you plan to spend hours sitting on trains or walking around sightseeing, be prepared with extra supplies and test regularly so you can adjust your insulin.

Finally, drive safely by checking your BGLs regularly and not skipping meals. If possible, share time behind the wheel and take rest stops to move, clear your head and re-energise. And most importantly, enjoy yourself! ■

WORDS STEPHANIE OSFIELD **PHOTOGRAPHY** GETTY IMAGES; ISTOCKPHOTO

Love your Heels & Legs

Leg Care Cream

- Restores dry legs
- Refreshes tired legs
- Relieves hot legs

Heel Balm

- Quick Absorption
- No need for socks
- No need for foot files

Diabetes Skincare Tips

- Use a natural moisturiser daily
- Prevent dry, itchy skin
- Check your feet regularly
- Don't walk in bare feet
- Don't use physical abrasion

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YOUR TLC ESSENTIALS

No matter the weather, look after yourself by:

- Applying a broad-spectrum, water-resistant SPF 30+ sunscreen
- Wearing a broad-brimmed hat and, when swimming, a rash shirt
- Slipping on sunglasses that meet the Australian standard and have a lens category of 2 or 3
- If you use insulin or meds, storing them in a cool pack.

LOVE *your skin*

Glow from ***top to toe*** with our summer skin survival guide

The warm weather is here and with it the pleasures of cooling ocean dips, backyard barbecues and al fresco dining. It's also time to make sure your skin has everything it needs to combat the effects of all that sun, sand, surf and swimming. Keep your face and body smooth and soft with these five skintastic strategies...

1 *Cut short your showers*

'Long or frequent showers and lengthy swims in chlorinated pools or the surf can cause skin rashes and dryness,' says Dr Patricia Lowe, a dermatologist at Sydney's Royal Prince Alfred Hospital. So keep those swims short and make sure your bath and shower water temperature is tepid, not hot.

To avoid irritating sensitive skin, use a hypoallergenic wash instead of soap and, after swimming, remove your wet costume and dry your skin, advises Lowe.

2 *Put H_2O on the drinks list*

'Perspiration in summer leads to greater fluid loss,' says diabetes educator Sue Leahy of Diabetes NSW. 'If you become thirsty or your urine turns dark yellow you're likely to be dehydrated. This can raise blood glucose levels (BGLs) and compromise your skin health.'

To prevent dehydration, always carry a water bottle and aim to drink up to two litres of water a day. If you want to add a bit of zing to tap water include a twist of lime or a sprig of mint in your glass. ➤

3 Go natural

Unlike synthetic fabrics, clothes made from natural fibres such as cotton or silk lessen the effects of perspiration and allow your skin to breathe, so opt for cotton T-shirts, bras, undies and socks.

During the day, wearing light, long-sleeved collared shirts in a tight cotton weave will also help protect your arms and neck from sunburn.

4 Rub it in

Moisturiser is one of the most effective soothers for dry and itchy summer skin, so remember to apply it at least once, and preferably twice, a day. Choose a product that is hypoallergenic and free of perfumes and irritants (see opposite page).

5 Respect your feet

Care for your hard-working tootsies by wearing suitable footwear. 'Sandals with a back and sides are far better than flip-flops and thongs, which leave your feet vulnerable to cuts and scratches,' says Leahy.

To reduce swelling, wear compression stockings and elevate your feet when sitting or sleeping. Leahy advises daily checks for injuries, particularly if you have neuropathy.

Another good tip is to change your socks or stockings (and shoes) halfway through the day to keep your feet dry. 'Towel between your toes to reduce dampness and possible bacterial growth, and wear thongs in public showers to minimise the risk of picking up a fungal foot infection,' says Leahy. ■

WORDS STEPHANIE OSFIELD, ANNIE MILLAR (PRODUCTS) **PHOTOGRAPHY** GETTY IMAGES

SMOOTH *moves*

Bag these skincare saviours

A'kin Unscented Body Moisturiser, $24.95. Smooth dry patches or calm irritated, sunburnt or wind-damaged skin with this soothing lotion.

Jurlique Sun Specialist After Sun Replenishing Moisturising Lotion, $45. A rapidly absorbed treatment for dry, chapped skin.

Palmolive Oil Infusions Body Moisturiser, $9.99. Enriched with botanical oils, this hydrates and smooths dry skin.

Innoxa Super Sensitive Gentle Day & Night Crème, $27.95. Calms and moisturises facial skin that is easily irritated.

John Plunkett Protective Day Antioxidant Moisturiser SPF 15, $30. A rich cream for mature or dry skin, this also protects against sun damage.

Boots Serum7 Renew Restoring Night Cream, $42. A rich cream to firm and hydrate mature skin.

Derma Sukin Daily Gentle Wash, $12.95. A non-drying, soap-free body wash that's enriched with ingredients to refresh delicate skin.

Billie Goat Moisturiser For Sensitive Skin, $17.95. Free from colours and fragrances, this is gentle enough for your face as well as body.

Aveeno Positively Radiant Daily Moisturiser SPF 15, $19.99. With some sun protection, this claims to improve your skin's appearance.

Gaia Bodycare Lavender & Frankincense Body Wash, $12.95. Gentle enough to use every day and won't strip your skin.

Jergens Foot Cream, $5.99. Treat your feet with this deeply hydrating daily care cream.

Essano Rosehip Body Oil Pomegrante Antioxidant Oil, $27.99. Pamper your body with an organic oil that hydrates and nourishes.

TYPE 2

‘Everything IS MORE *pleasurable*’

After years of feeling guilty about food, ***Judith Williams, 56,*** is looking forward to a healthier, happier future

How did your type 2 diagnosis come about?

I’m a clinical psychologist, so I should know better, but I put the fatigue down to overwork, my blurry vision down to getting older and my hunger down to sugar lows from not eating well. I had a lot of symptoms I’d been explaining away. As my hunger became abnormally strong, it struck me that diabetes was probably causing my symptoms.

I had the blood test on my 55th birthday. Six days later, my GP called me at 7pm. I knew the results must have been startling for her to call at that time, but I had only recently learnt that my fasting blood glucose level (BGL) was 18.

At that stage I weighed 147kg. I was terribly obese. I had yo-yo dieted for years and my mother has type 2, but part of me still thought I’d never get diabetes. It sounds strange but I was completely shocked and yet not even slightly surprised.

What was your response to the diagnosis?

I immediately made a 180-degree change to my diet. I ate healthy, lean and pristine and started to exercise. I could only walk for six minutes before I’d get puffed and my hips started to hurt. Just walking around my yard was enough to get my heart rate up.

I lost 30kg in six months, then I hit the gravel. I wasn’t terrified anymore, and without fear as my prime motivator, I got back into all the habits that had made me an over-eater in the first place.

How did you end up finally changing the way you eat?

At one stage, before my diagnosis, I was studying hard and under incredible stress, so I stopped taking care of myself. I’d come home and have Tim Tams for tea. I live on my own, and part of the problem was that I could never think of things to cook.

WORDS HEATHER WISEMAN
PHOTOGRAPHY BRUCE JACUPS; GETTY IMAGES

'I went on my first diet when I was 11. I misinterpreted curvy as fat'

NEW BEGINNINGS
'There is so much more joy to be had these days and that gives me much more resilience with stress,' says Judith.

Then I discovered a website called skinnytaste.com, which has tasty, healthy recipes. Now I do a big cook-up every Sunday, so when I come home from work I already have a healthy meal that just needs heating up. I also love salads with interesting dressings.

How is your health now?

I take diabetes medication and I don't know what would happen to my BGLs without it. I hope one day to go off it but at the moment it makes me feel more secure.

I'm probably only losing 1kg a week but my weight has been more stable. I've learnt to set goals differently now.

Tell us about how you set your goals now.

I went through a stage of losing 3kg a week and my endocrinologist asked me what my next goal was. I said I wanted to get to 100kg and he said, 'No, your next goal is one more kilogram and don't put a timeframe on when to get there.'

I've learnt to accept a slow rate of weight loss, instead of yo-yoing, because having a really good week and then a really bad one is seriously terrible for me.

Did you have issues with food as a child?

I went on my first diet when I was 11. When I look back at photos I can see that I was a normal weight, but I misinterpreted becoming curvy as becoming fat and cut myself back to 800 calories (3350kJ) a day.

If I could coach my 11-year-old self now, I'd say go to yoga and get involved with something that makes you move. That would have solved the problem.

Was your mother able to help you, given she has type 2?

When I was diagnosed my mother was incredibly helpful and I was so lucky to have her support. My dad's response to my diagnosis was really unhelpful. He was very well meaning, but he said he'd been worried about me for a long time and I'd never been willing to do anything about my health, and so now of course this has happened.

I wanted to punch him. I told him I just needed him to support

me, and that venting his fear and shock wasn't helpful.

There is shame in this illness for me. I might have a genetic predisposition, but if I'd eaten properly I might have dodged it. I ate myself into this problem and in order to unravel it, I have to come to terms with what is driving that behaviour.

How much better are you feeling these days?

When you are obese, everything is an effort. Now, everything is more pleasurable, even just to stand up and walk around. There is so much more joy to be had these days and that gives me much more resilience with stress. I'm much more present and I'm participating more in my day. I'm getting there. ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

Give yourself *a break!*

When it comes to managing your diabetes, kick those harsh, critical words to the kerb and ***motivate yourself*** with kindness

Living with diabetes means making dozens of vital decisions each day. And sometimes the outcomes don't go as planned. Feeling guilt, shame and anxiety can seem like second nature, but these emotions can be harmful. If self-criticism or the judgement of others is weighing you down, don't put up with it! Instead, pick up some positive tips from the experts and put these strategies into place...

'Encouragement, support and **KINDNESS** *are more effective than harsh criticism'*

So why are we so hard on ourselves?

Most of us are compassionate when someone else is suffering. We're kind and helpful. We aren't angry or judgemental. But why is it so hard to show ourselves the same consideration? Psychologist Dr Kristin Neff says self-criticism has a link to our fight-or-flight response. 'Our natural tendency is to attack when we notice something we don't like,' says Dr Neff. 'We attack ourselves to get rid of the problem.'

So how does that translate to diabetes? 'Diabetes requires 24/7 attention, so patients have many opportunities to evaluate themselves in a negative way,' says health psychologist Anna Friis. Thoughts such as, 'I'm not testing enough', 'I'm neglecting my exercise' and 'I have no willpower in sticking to a meal plan' can all take a toll on your sense of self-worth.

TRY THIS...

How do you break the cycle of self-criticism? Start by thinking about what you said to yourself the last time you made a mistake. Now think about repeating those words to someone you love. See what we mean? 'If you were a coach trying to motivate your team, what's going to be more motivating: saying *you're a loser* or saying *you can do it*?' asks Dr Neff. 'Encouragement, support and kindness are more effective than harsh criticism.'

Learn to practise self-care actions that nurture all aspects of your health. Give these a go:

TAKE a regular lunchtime walk. Get up, stretch and notice beauty in the world around you.

KEEP a journal. Sometimes just writing down a negative thought takes away its power.

SPEND time with people who truly support you and minimise contact with those who suck up your energy.

MEDITATE by sitting comfortably in a quiet place and paying attention to nothing but your own breathing for a few minutes. Try it for a week and see if you notice any changes.

What about the 'diabetes police'?

There's no denying a certain stigma is attached to diabetes, and those who don't understand it or have any experience with it can unintentionally be judgemental. Hearing questions such as, 'Can you even eat that?' or 'What did you do wrong?' from those closest to you may make you feel blamed, ashamed and unworthy as they sound an awful lot like attacks on your ability to manage diabetes.

TRY THIS...

It's moments like these when it helps to put yourself in the other person's shoes, says diabetes educator Janis Roszler. Your family and friends care about you – they just might not know how to express themselves helpfully and with kindness.

Explaining why questions like these hurt you helps others know how to support you, and stops you from being down on yourself.

'Communication is circular,' says Roszler. 'How you respond to a comment affects what your conversation partner is likely to say next, and vice versa. Communicate your needs clearly so that loved ones will be less likely to assume what you want them to do.'

It may also help to put things into perspective. You are part of a community of millions of people also struggling with diabetes, and each member has issues. You are not weird or a failure because your blood glucose levels (BGLs) seem chaotic or your weight loss has stalled, says Dr Neff.

Reach out to people through online support groups such as *DL's* Facebook page (facebook.com/australiandiabeticliving magazine). Whether you want advice or just a place to vent when having a hard day, connecting with people who are in the same situation can help. Give it a try! ■

WORDS ALLISON NIMLOS **ILLUSTRATIONS** ISTOCKPHOTO, GETTY IMAGES

Pumped FOR ACTION!

Thinking of switching from an insulin pen to a pump? *DL* diabetes educator ***Dr Kate Marsh*** has all the latest information

What is an insulin pump?

An insulin pump is a small device designed to deliver insulin continuously to the body. You program the pump to give the necessary volume of insulin – a small steady dose throughout the day (basal rate) and an extra amount (bolus) when you eat.

A PUMP MAY HELP YOU...

- Achieve tighter control of your blood glucose levels (BGLs) without multiple injections
- Have more flexibility around eating and mealtimes
- Adjust your insulin around exercise more easily
- Deal with a 'dawn rise' (BGLs that head upwards in the morning, even if you don't eat)
- Give insulin discreetly when you are eating out or with others
- Reduce the risk of hypos (hypoglycaemia) or low BGLs
- Detect hypos when paired with a continuous glucose monitor (see CGMs, opposite).

Sounds good... is there a downside?

While there are many benefits to using an insulin pump, they don't work on their own and still need regular input from you to operate effectively. This means monitoring your BGLs and giving regular bolus doses via the pump when you eat and when your BGLs are high, as well as changing your infusion sets regularly. Here are some other considerations to keep in mind before you buy:

1 THE PRICE A pump comes with a hefty price tag of $7000 to $8000. If you have type 1 and private health cover your fund should cover all or most of this. And the costs don't stop there.

The 'consumables' (infusion sets and reservoirs) are not free as they are with insulin pen needles and syringes – they cost about $30 per month, subsidised by the National Diabetes Services Scheme (NDSS; ndss.com.au). You will also need a steady supply of batteries to keep your pump running.

People with type 2 may be able to get a pump funded by their health fund but they are not eligible for subsidised pump consumables through the NDSS.

2 CALCULATING CARBS You need to be an expert carb counter as the pump relies on you entering the amount of carbs each time you eat, so it can calculate how much insulin you need to cover the meal or snack.

PHOTOGRAPHY ISTOCKPHOTO

What's **on the market?**

Three pumps are readily available in Australia, each with the same basic features. They include a bolus calculator or wizard, which calculates a bolus dose based on personal settings, carbohydrate intake, the amount of active insulin in your body and your current BGL. Another common feature is the ability to deliver different types of meal boluses to help you better match insulin action to food (for example, higher fat or lower-GI meals). All three pumps have alarms and reminders, are waterproof or watertight, and are available in different colours or customisable skins.

→ **Animas Vibe** This pump has an inbuilt food database to help with carb counting and a flat-panel colour screen with white text on a black screen, so it's easy to read. It can be used with the Dexcom G4 CGM for an extra cost.

→ **Medtronic MiniMed 640G System** When used with a CGM (for an additional cost), this gives you similar information to the Dexcom G4 but also predicts when your BGLs are heading down and will turn off the pump to prevent a hypo. It also comes with a small blood glucose meter that wirelessly transmits your BGLs to the pump, and can be used for remote bolusing (but only pre-set boluses – it does not have an in-built bolus wizard). A full colour screen makes for easy reading. The MiniMed 640G reservoirs come in two sizes (1.8 and 3.0ml), depending on your insulin needs.

→ **Roche Accu-Chek Combo Insulin Pump System** Bluetooth technology links the Accu-Chek Combo pump with the Performa Combo meter so you can give boluses discreetly as well as control other key pump settings. You can also view your pump records on the meter. This system has the largest cartridge size (3.15ml), making it ideal for those on higher insulin doses. It also offers a money-saving rechargeable battery option.

3 BACK-UP REQUIRED

If your pump malfunctions, your BGLs will quickly become high as the pump delivers rapid-acting insulin only. It's therefore vital always to carry a back-up kit (spare infusion sets and an insulin pen or syringe) so you can act immediately if and when things go wrong with your pump.

Readers share

My daughter has an insulin pump. Without it, I don't know how she would have continued with four injections a day at the age of four.

– Tamara Dalziel

Readers share

I've been pumping for nine years and have never looked back! As a frequent traveller, it has made life so much easier.

– Sara Jane

CGMS

A continuous glucose monitor (CGM) measures your BGLs every five minutes, day and night. This provides access to 288 glucose readings every 24 hours, giving you a much better picture of what's happening compared with finger-prick monitoring, which is really just a snapshot in time. A CGM can also alert you to highs and lows in your BGLs.

The device combines a sensor, transmitter and receiver, but if you use an insulin pump that works with a CGM (such as the Medtronic or Animas pumps), the pump itself becomes the receiver so you don't need a separate unit.

CGMs are not cheap and at the moment aren't covered by private insurance, Medicare or the NDSS. This, however, is set to change, with the government recently announcing funding for CGMs for type 1 kids… Watch this space! ■

For more health stories visit **diabeticliving.com.au**

On the right kind of high!

10 REASONS FOR *blood sugar swings*

You eat well and monitor regularly, yet still experience ***highs and lows.*** Find out if one of these culprits is keeping you on the up and down

1 *Bumps in the road*

Routinely checking your blood glucose levels (BGLs), taking correct medication doses and meeting healthy lifestyle recommendations all play a role in keeping your numbers in their ideal range, but sometimes the demands of day-to-day life get in the way. These management blips can trigger highs and lows. **TO DO** Pay attention to your diabetes and keep a record of changes. This gives you more lead time before a high or low takes effect, and gives you a better picture of your overall health.

2 *Intense exercise*

Lows during exercise are more common for people on insulin or certain diabetes meds. But high-intensity workouts that push the body out of its comfort zone can cause lows and highs, too. **TO DO** Increase the length and intensity of physical activity incrementally. Take breaks to check your BGLs. If you're on insulin or blood-glucose-lowering meds, adjust dosage and snacking accordingly.

3 *Sugary coffee drinks*

Did you know, that tempting mochaccino or caramel latte can pack in carbs, causing BGL spikes? **TO DO** Know your ingredients and take care to limit added sugars.

4 Illness

Coming down with a bug is tough on anyone's body, but for people with diabetes it can also mean spikes in your BGLs. When you're sick – anything from the flu to food poisoning – stress prompts hormones to fight the problem in your body, causing the liver to release extra glucose.
TO DO Stay hydrated and check your BGLs more often when you're sick to catch highs on their way up. Give your body a chance to rest and recover.

Major stress

Sudden bouts of stress – physical, mental or emotional – can cause your BGLs to spike or drop.

6 Carb counts

If you take insulin and rely on guesswork to calculate your carbs, you could end up with inaccurate insulin doses, which can lead to BGL swings.
TO DO Use measuring cups and spoons to retrain your portion know-how, or think of these comparisons – a serve of meat, fish, or poultry is palm-size; 30g of hard cheese is equal to three dice; a serve of milk, yoghurt or vegies? Tennis ball.

7 Diet dilemmas

Spreading carbohydrates throughout the day keeps your BGLs steady, while eating most of a day's carbs in one sitting can cause a spike. If you're on fixed-dose insulin or a fixed medication, consistent carb intake is important.
TO DO Try to stick to a consistent routine when it comes to your diet, or talk to your doctor about adjusting meds.

8 Medication slip-ups

A medication error can cause a rapid swing in your levels. Make sure you understand the instructions and proper dosage before you leave the doctor's office or pharmacy.
TO DO Prevent potential slip-ups by asking questions of your doctor or diabetes educator, and take note of the recommended routine when you're at the pharmacy.

9 Your period

You might see flutters in your BGLs during your period, as changing hormones in your body can raise your levels.
TO DO Keep a record of your cycle and take special note of your BGLs when you have your period. If you use insulin or other diabetes medication, talk to your doctor about possible changes to your management routine during that time.

10 Dehydration

If you're not getting enough water, you could experience changes in your levels, because dehydration concentrates glucose in the bloodstream.
TO DO Drink plenty of water during the day. Your urine will be clear or close to it if you're drinking enough. ■

WORDS KATELYN PHILLIPP PHOTOGRAPHY GETTY IMAGES; ISTOCKPHOTO

TYPE 1

‘TRISTAN JUST *soldiers on*’

Suzie Silva ***saved her son*** Tristan’s life when he was a toddler. Six years later, the family is striving for a cure

‘Having diabetes has meant Tristan has had to grow up beyond his years,’ says mum Suzie (right).

What made you think that Tristan was unwell?

He would sometimes have two bananas or even three slices of toast for breakfast, which was a lot for a 23-month-old child, but despite his big appetite he was skin and bone. He was thirsty, too – I remember him hanging on the fridge door wanting the jug of cold water – and then he started wetting the bed.

Sometimes he was irritable and clingy and then one day he fell asleep on the cold tiles at my feet while I did the dishes. That’s when alarm bells started ringing.

I googled his symptoms and diabetes came up, but I thought only older people got diabetes.

What did you do?

The next day I took Tristan to our GP. I asked him whether Tristan might have diabetes, but the doctor said he was too young. When I asked for a blood test, he said that would be too traumatic for a child of his age. He said Tristan would be fine and that I should bring him back if he wasn’t better in a few days, but I refused to leave without a referral for a blood test. I didn’t realise it at the time, but the GP could have done a simple urine or finger-prick test then and there.

Tristan had the blood test the next morning. He screamed and I felt like such a bad mum for putting him through it when the doctor said everything was fine. I cried all the way home in the car.

Did it take long to get the results?

We got a call from a pathologist at about 10 that night to say Tristan had type 1 diabetes. He said to take him to hospital immediately because he was in grave danger of going into a diabetic coma, having a seizure, or worse. I didn’t want to wake Tristan, so I asked if it could wait until morning. The pathologist said he probably wouldn’t make it through the night.

Tristan needed paediatric care, so we had to bypass the two hospitals close to us and head straight to Monash Children’s Hospital, almost an hour’s drive away. The pathologist said to pack a bag because Tristan would need to stay for a few days, then he called the hospital to let them know we were on our way.

That drive was the longest of my life. I was terrified Tristan would have a seizure or go into a coma, so I sang and prayed out loud to keep him awake.

PRECOCIOUS PATIENT
Left: The newly diagnosed Tristan at 23 months during his first hospital stay, and, right, at eight, showing his mastery of a blood glucose meter.

When did the news start to sink in?

I still had no idea about type 1 diabetes. I thought that after a few days in hospital he would be fine and we could just go home. But when the doctor told me all about type 1, I was hit with all this information about injections, a special diet, complications, insulin doses, how to prick Tristan and how to test his blood every two hours. I felt like my head was going to explode.

I seriously thought they had the wrong person. How could anyone live like this, let alone a little boy who wasn't quite two years old?

How did you cope with Tristan's diabetes care?

I found it really traumatic to give him insulin injections and it was very traumatic for Tristan, too. He always screamed.

When he was five we got him an insulin pump and he has been on it for three years now. It makes things easier, but there have been times when it hasn't given him enough insulin and he has become quite unwell.

Now he is older, have things settled down?

No two days are the same and everything affects his blood glucose levels (BGLs) – anxiety, stress, sickness, excitement, growth spurts, physical activity, food and drink. Whenever he gets a cold, gastro or a virus, it usually means a hospital stay and time on a drip.

We've had five close calls over the past few years when we thought we would lose him, but he somehow pulled through. We've had nights when his BGLs have fallen dangerously low and we've had to wake him up at 2am to try to get him to eat.

I still get scared sometimes and I'm always careful to have my phone on me when Tristan's at school.

How is Tristan coping?

He is the most adorable, kind-hearted, gentle little boy. He is so courageous. He just soldiers on, like many other children with type 1.

He is eight now, and he amazes me. Most mornings, by the time I wake up, he has already checked his levels and if he gets a reading below 4.4 he puts his BGLs into his pump and has two jellybeans to bring them back up to a safe range.

Having diabetes has meant he has had to grow up beyond his years. We wanted him to take control of his diabetes from an early age, and he was able to test his BGLs when he started kindergarten. That has really paid off.

What impact has this had on the rest of the family?

My partner and I, and our three other children, have all become really passionate about increasing awareness of type 1 and raising money for research to find a cure. Too many people don't realise it is a serious and life-threatening disease and that it can affect young children.

We have promised Tristan that, rain, hail or shine, we will do the Juvenile Diabetes Research Foundation (JDRF) fundraising walks every year until a cure is found. My partner and I, and our eldest daughter, Annaliesse, have all done a tandem skydive, which raised $8000.

I don't like mud but this year, at the age of 38, I will compete in a Tough Mudder obstacle race. I'm happy to do it for the amazing people who live with type 1. Every dollar I can raise will help get us a step closer to a much-needed cure. ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

WORDS HEATHER WISEMAN PHOTOGRAPHY EAMON GALLAGHER

BACK TO *school*

Newly diagnosed or looking to brush up on your diabetes management? Get ***expert advice*** – and meet like-minded others – at a helpful class near you

FOR TYPE 2 ADULTS

DESMOND

Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

The title may be wordy but the course is easy to follow. DESMOND aims to arm its participants with practical information about day-to-day type 2 management. This includes teaching you to make informed food choices, highlighting the benefits of exercise and providing expert information about medications, all in a friendly, small-group setting.

LENGTH OF COURSE 6 hours
COST Some DESMOND courses are free, while others call for a small fee.
FOR MORE INFO
desmondaustralia.com.au

FOR TYPE 1 ADULTS

DAFNE

Dose Adjustment For Normal Eating

In a small group, you will tackle three hot type 1 topics: how to count carbs effectively, how to adjust your insulin to carbs and how to live well with type 1. This last category covers topics such as managing hypoglycaemia (low blood glucose levels, or BGLs), what to do when you're sick and how to side-step complications.

LENGTH OF COURSE 5 days
COST This varies depending on location, so contact your local branch office for specific prices and details.
FOR MORE INFO
dafne.org.au

FOR TYPE 1 TEENS

TEAM T1

Teens Empowered to Actively Manage Type 1 Diabetes

The junior version of DAFNE, TEAM T1 covers much of the same ground while being tailored to a younger crowd. It aims to empower you to manage your diabetes on your own. You'll learn how to carb count and to calculate your insulin needs. You will also learn how to manage BGLs that are outside your target range, and how to adjust food and insulin for sport, exercise and sick days.

LENGTH OF COURSE 5 days
COST Free
FOR MORE INFO
teamt1.org.au ■

Readers share...
'I did DAFNE quite a while ago. It was fantastic!'
– Len Farina

WORDS REBECCA LAKE **PHOTOGRAPHY** GETTY IMAGES

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Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will ***thank you***

1 Just checking

Protect against breast cancer with this simple strategy

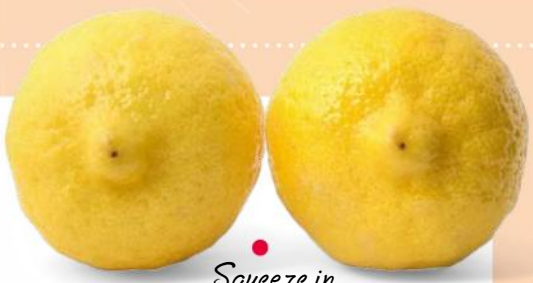
How often do you check your breasts for changes? Daily? Occasionally? Never? It only takes a few minutes and it's the first step to catching breast cancer early – and early detection greatly increases your chances of a better outcome.

WHEN SHOULD I CHECK?

The National Breast Cancer Foundation recommends at least once a month, but women of all ages should be aware of how their breasts normally look and feel – even if you're on top of it with regular mammograms.

HOW DO I CHECK?

- **In the shower** Using light, medium and firm pressure, feel your entire breast with the pads of your fingers in a circular pattern, moving from the armpit area to the nipple. Feel for any lump, hard knot or thickening of the tissue.
- **In front of a mirror** Stand with your arms by your sides then raise them above your head. Look for changes in contour, swelling or dimpling of the skin and check for any changes to the nipples. No two breasts are ever exactly alike – you're looking for any change between the last time you looked and this time.
- **In bed** When lying down, breast tissue spreads out evenly along the chest wall. Lying on your back, place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move your fingers around your right breast in small circular motions from the armpit to the nipple. Change arms and repeat with the left breast.



Squeeze in a self-check

ANY TIPS TO HELP ME REMEMBER?

Making self-checking part of your daily routine means you're more likely to do it. To help, QV Skincare and the McGrath Foundation have created QV Self Check Breast Cream – a nourishing moisturiser available from pharmacies for $8.15 for 100g, with $2 from every sale going to the McGrath Foundation. What a great idea!

2 Bone idol

Surprising sources of calcium to boost your daily intake

Calcium is vital for bone, teeth and heart health, and for managing blood glucose, but many people with diabetes aren't getting enough of this essential mineral. In fact, Osteoporosis Australia warns that less than half the adult population is reaching the recommended daily dose.

How much calcium you need depends on your age and gender. Adults should have at least 1000mg a day but women aged over 50 and men over 70 should aim for 1300mg or more. Children and teens need at least three serves of dairy a day.

THE WHITE STUFF (AND MORE)

Your bones and teeth contain 99 per cent of your body's calcium, but this multitasking mineral also supports muscle movement, nerve messages, blood flow and hormone activity, including insulin. If you're low on reserves, your bones will sacrifice calcium for these vital tasks, which then increases the risk of osteoporosis, when bones become brittle and more vulnerable to breaks.

An easy way to keep track of your intake is to check nutrition labels. The amount of calcium per serving is shown as a percentage of its daily value (DV), so a food with 20 per cent of the DV for calcium will be listed as containing 200mg calcium per serving (1000mg multiplied by 0.20).

Milk, yoghurt and cheese are top sources of calcium, as are leafy green vegies such as kale and broccoli. Other non-dairy bone builders include prunes, raisins, avocado, almonds, dried figs, tofu, soy milk and rice milk.

3 Keep the beat

Need an instant happiness hit? Put your headphones on!

Turns out listening to music is good for your health as well as your happiness hormones. The reason you instantly feel better when you crank up your favourite song is that music enourages your brain to release the feelgood chemical dopamine.

Including music in everyday activities, from working out to downtime, means you reap a host of health benefits. Here are just a few of them:

It helps you meditate

Listening to calming music can capture your imagination and act as a distraction. It can also be a great meditation tool, as it helps you tune into your emotions and stops your mind from wandering.

It beats insomnia

Listening to soft music before bedtime lowers your heart and respiratory rates, which helps you get a good night's sleep.

It boosts immunity

Researchers have found that listening to music increases levels of the antibody immunoglobin A, which strengthens your immunity. Bonus! ➤

4 Head off dementia

Learn something new and help slow memory loss

If you know someone with Alzheimer's, it's comforting to know that businesses like Priceline care. The Priceline Sisterhood Foundation's Alzheimer's campaign raises funds for Alzheimer's Australia to help support the more than 353,800 Australians living with dementia and the estimated 1.2 million people who care for them.

There is still no cure for Alzheimer's, which is the second leading cause of death in Australia after heart disease and the most common form of dementia. Also, there is a link between dementia and diabetes, with research showing that even mild insulin resistance is associated with lower cerebral glucose metabolism, especially in areas of the brain related to memory and the ability to organise and plan.

For Glenys Petrie and her partner John Quinn, who has younger onset dementia, calling the National Dementia Helpline on 1800 100 500 was a turning point.

'We had been to a GP because I wanted a referral to a social worker as we were not coping as a family,' says Glenys. 'Instead, we walked out with a referral to a marriage guidance counsellor.'

Following a light-bulb moment, Glenys contacted Alzheimer's Australia. 'We had access to workshops, we had support and we had a phone number that we could ring.'

Along with maintaining a healthy weight, exercising, not smoking and limiting your alcohol intake, having fun by playing games and learning new skills may help slow memory loss. Try taking dance classes, learn a musical instrument or a second language, and play some games with the kids or grandkids.

5 Fishy facts

Show your brain some love with these delish ideas

Freshly grilled fish and salad on a hot summer's day is perfection – and it's so good for you. Fish is a great source of lean protein, vitamins, minerals such as B12, zinc and iron, and it's low in saturated fat, making it an excellent choice for everyone, particularly people with diabetes.

Oily fish such as salmon, mackerel, tuna and sardines are high in marine-sourced omega-3s (EPA and DHA), which are useful in reducing the risk of heart disease, promoting brain health and possibly reducing your risk of dementia.

To boost your omega-3 intake, *DL* dietitian Lisa Urquhart recommends two to three 150g serves of fish each week. Canned and frozen fish have all the nutritional benefits of fresh fish, but be wary of added ingredients such as marinades and sauces, which may increase the salt, fat or sugar content.

Good choices include plain, frozen fish fillets, or canned fish in springwater with no added salt. Choose sustainably sourced fish with a Marine Stewardship Council (MSC) or Australian Marine Conservation Society (AMCS) logo. ■

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WORDS JO WEBBER **PHOTOGRAPHY** GETTY IMAGES, ISTOCKPHOTO

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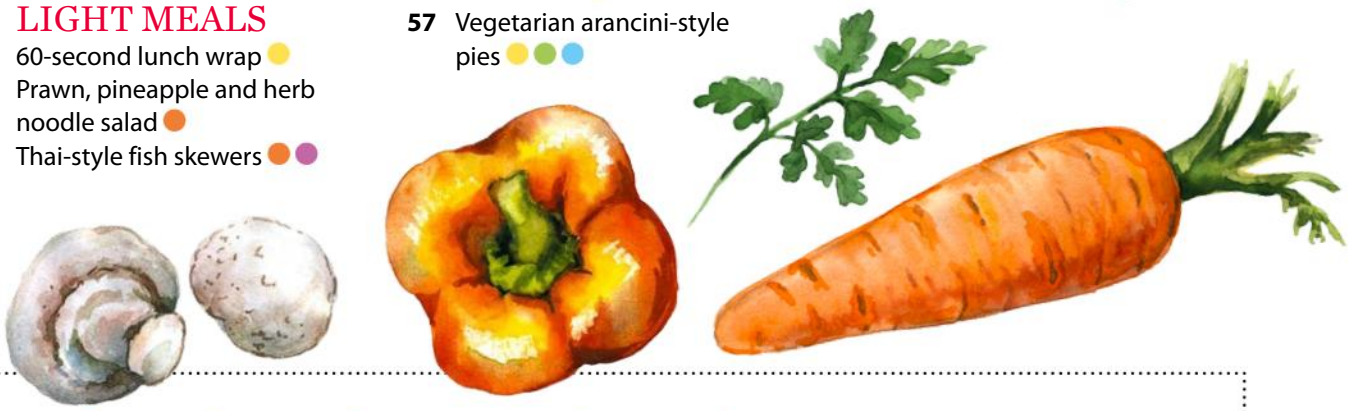

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

PHOTOGRAPHY GETTY IMAGES

LOW CARB, LOW GI

Looking for healthy, low-GI bread and pasta? Herman Brot® offers the most delicious, nutritious and low-GI range available. The combined low-carb, high-protein and low-GI figures in Herman Brot® Lower Carb Bread and Lower Carb Pasta mean that if you've stopped eating bread and pasta, they can now go back on the menu. For more information, visit hermanbrot.com.au

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MARKET PLACE

Check out these products. They may make managing diabetes easier

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Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Incorrect use could be harmful. *Vs 1000mg regular paracetamol. Mehlisch et al, 2010. Sponsored by RB. ASMI 26629 - 0816

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This summer you can sweeten your favourite iced teas and sparkling water with Nirvana Organics' new Liquid Stevia flavours. With an exciting range of fresh, tropical flavours, a few drops will add delicious fruity taste with less than 1 calorie per serve and no nasty additives. Available from good health food retailers or online at nirvanahealthproducts.com

HOLIDAY HEAVEN

Time for a break? Delight in the tradition and flavours of a lovo – a mouth-watering Fijian feast of succulent meats, coconut-infused greens and root vegetables wrapped in banana leaves, all baked in a natural earth oven. Add a squeeze of lemon, a side of chilli and let happiness find you! For great deals and more, visit fiji.travel

JUST LIKE SUGAR

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LIVE WELL WITH DIABETES

Sanofi is running a special care program developed to help and support people living with diabetes and pre-diabetes. With expert online information that's updated each week, health checks and in-store planning to make finding everything you need easier, the Diabetes Care Program is available in Sanofi pharmacies and at diabetes-care.com.au

STRIDES AHEAD

A leading global brand in textile innovation, Reflexa Socks helps those with specific health-related challenges, such as people living with diabetes. In November the brand will launch products made with a highly anticipated new material called Quattroxy, an advanced microcirculation textile that's proven to improve circulation, help nourish cells and regenerate tissue. Visit reflexa-socks.com.au for more.

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Postcards from the SHED

Everyone's favourite chippie ***Rob Palmer*** learns that timing – and testing – is everything, particularly when you turn up the heat

It was an astonishing shock to the system and was far more arresting than any boot camp or pre-season fitness session. Sure, I didn't throw up, but I would gladly have done so if it could have helped me avoid the hypo that came out of nowhere.

I blame a change in routine. As the southern part of the world warms up and we all start to flex our summer muscle, it's more important than ever for those living with diabetes to remember that any change calls for a dose of diabetes management reassessment.

On this day, I was simply cooking dinner for the kids. It was a little later than usual and I had overindulged in a high-BGL-correcting shot of insulin. I'd already overdone lunch and my levels had been low following a random (but necessary) early-morning fitness session.

In short, I was having a mess of a day as far as my BGLs went, but that's just the way it rolls sometimes with type 1. I was determined to finish the day on top with a BGL that was within my target range.

Cooking with love can take a little longer than usual, as was the case this time. Unfortunately, all that activity earlier in the day caught up with me and the delay ended up being near catastrophic.

Boom! The insulin hit me before dinner did and down I went. The kids were awesome, which stirred up a whole set of emotions including pride and regret. However, the message here is that any change in lifestyle really does warrant attention.

It can also help to remember that diabetes will never take an hour off just because you're under the pump. If anything, the times when you least feel able to squeeze in a test are the ones when you should force yourself to do it.

It's satisfying to know that you GOT ONE OVER diabetes

It's quite a satisfying feeling to know that you got one over diabetes simply by making small adjustments to your management.

I've recently been looking closely at my BGLs throughout the day and night thanks to flash glucose monitoring. It's bloody expensive but it can really help me see trends I might otherwise miss.

Regardless of the way in which you are checking your levels, in summer, when we're all a little more active and the sun is visible in the sky for longer, it's a perfect time to raise the bar and find out exactly how your BGLs are travelling.

I've learnt plenty from my recent run-in with low BGLs and I'm happy to share...

1 Small changes to management make for small mistakes.

2 Increased knowledge of your levels increases your power over diabetes.

3 No matter whether it's 6am or 6pm, a good BGL is a great way to start your run at a fabulous summer season. ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO); GETTY IMAGES

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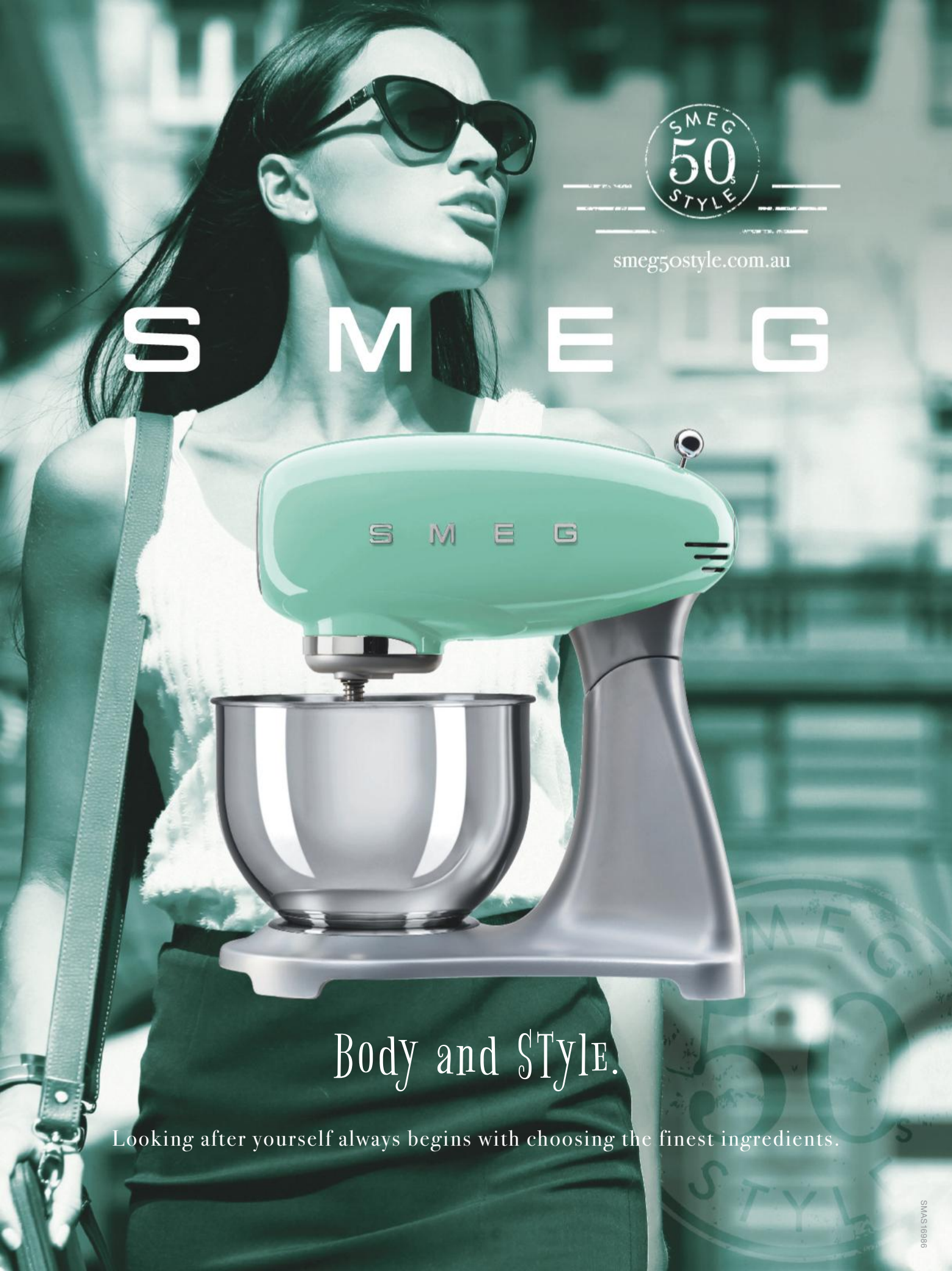
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