

Low Glycaemic Index Foods and Snacks - The Benefits

Glycaemic Index

The Glycaemic Index (GI) is a system which rates foods according to their overall effect on blood glucose levels, with low GI foods being absorbed more slowly into the blood-stream and making you feel full for longer. Evidence shows that consuming more foods which have a lower GI rating e.g. whole-grain bread, pasta, chapattis, long-grain rice, many fruits, most vegetables and dairy products can be helpful in achieving a healthier lifestyle.

Healthy Eating

Adopting a healthy eating lifestyle is beneficial for everyone and can be especially helpful in preventing or controlling long-term conditions such as diabetes, cardiovascular disease and some cancers. Healthy eating helps to regulate blood glucose, blood cholesterol, blood pressure and aids weight control.

Snack foods on offer here today include oat-based products, nuts, seeds and dried fruit. These have been chosen because of their slow energy release, which can help to control appetite and their vitamin/mineral content which helps promote good health.

Nuts and Seeds

These are an excellent source of protein, fibre, vitamins, minerals and healthy (unsaturated) oils e.g. the essential fatty-acids omega-3 and omega-6. Despite their relatively high energy content, eating nuts and seeds has been shown to reduce consumption of other (less nutritious) energy-dense foods. Among the most nutritious nuts and seeds are almonds, cashews, walnuts, sunflower seeds and pumpkin seeds. Eating a variety will help ensure you get a good balance of minerals and vitamins, including antioxidants, which help prevent disease by combating damage done to cells.

Oat-based Products

Oats have a slower energy release than most other grains (e.g. wheat), so will make you feel full for longer. This is important for maintaining steady blood sugar levels and thus, controlling appetite. When eaten regularly, oats have also been shown to improve cardiovascular health by helping to reduce levels of harmful cholesterol.

JAG BANTAR – The low GI bread

JAG BANTAR is a high quality artisan bread with a very low glycaemic index. Low in starch, high in fibre and protein, it has a negligible effect on blood sugar levels - vitally important for our long term health and wellbeing, particularly weight, cholesterol and physical energy.

JAG BANTAR has a tenth of the carbohydrate and eight times the protein of normal wholemeal bread!
On sale in Edinburgh now, for details email jagbantar@hotmail.co.uk