

# NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

## Shopping Tip

Buy foods with a low or medium Glycemic Index (GI) more often.

## Chickpea Stew with Quinoa

Serves 8

### Ingredients:

1 cup (250 ml)	Quinoa, rinsed
2 cups (500 ml)	Water
1 tbsp (15 ml)	Compliments canola oil
1 medium	Onion, diced
3 cloves	Garlic, minced
1 medium	Sweet potato, diced
1 large, each	Red and green pepper, diced
1 medium	Tomato, diced
1 tsp (5 ml)	Cinnamon
1 tsp (5 ml)	Coriander, ground
½ tsp (2 ml)	Cumin
¼ tsp (1 ml)	Cayenne pepper
¼ tsp (1 ml)	Black pepper
1½ cups (375 ml)	Chicken broth, sodium reduced
1 tbsp (15 ml)	Lemon juice
1 can (540 ml)	Chickpeas, drained, rinsed
3 medium	Zucchini, diced

### Directions:

1. Cook quinoa with water according to package directions.
2. In a large pot, heat oil and sauté onion, garlic and potato. Add peppers, tomato and spices. Sauté for 5 minutes.
3. Add broth and lemon juice. Reduce heat, cover and simmer until vegetables are tender. Add chickpeas and zucchini and heat.
4. Place quinoa on plate and top with stew.

### Nutrition Information per Serving (1 cup stew + ½ cup quinoa):

Calories	200
Fat	4 grams
Carbohydrate	34 grams
Fibre	8 grams
Protein	8 grams
Sodium	220 milligrams

## Glycemic Index

You may have heard about glycemic index since it is now a hot nutrition topic. The Glycemic Index (GI) is a scale that rates carbohydrate-rich foods based on how quickly they raise blood sugar levels after eating. Carbohydrate is found in foods such as bread, cereal, pasta, rice, starchy vegetables, fruit, milk and legumes. Carbohydrate is broken down into sugar as a normal part of digestion and this causes blood sugars to rise. GI can be useful since carbohydrate-rich foods affect your blood sugars differently.

There is a lot of research being done on Glycemic Index, especially in the area of diabetes. Eating lower GI foods can help control blood sugars in people with diabetes. Some research suggests that for people without diabetes, lower GI foods may help control hunger and reduce risk of heart disease and type 2 diabetes.

Glycemic Index has three rating groups: High (70 or more), Medium (56-69) and Low (55 or less). The chart on the next page gives details about each group.

Be careful about choosing foods by their rating alone since Glycemic Index changes when foods are eaten together. For example, when you eat high and low GI foods at the same time, you get a medium GI.

### Making GI Work for You

- Choose foods with low or medium GI rating more often.
- Choose at least one low GI food at each meal.
- Learn to combine foods from different groups to balance meals. Serve cornflakes (high GI) with a banana (low GI) and milk (low GI).

The Glycemic Index does not rate all foods and is not listed on food labels. Using the Glycemic Index to choose foods is only one part of healthy eating. Make healthy choices according to Canada's Food Guide as well.

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## Fact or Fiction?

**Protein can lower the total Glycemic Index of a meal.**

**True**

Protein foods have a low GI rating and will lower the total GI of the meal.

**Tip:**

Get protein by adding foods from two food groups in Canada's Food Guide (Milk and Alternatives and Meat and Alternatives).

**You don't have to watch portions if you always choose low GI foods.**

**False**

Foods with low GI still have carbohydrate, which will affect blood sugars. They also have calories which may cause weight gain.

**Tip:** Watch your portions of all foods, regardless of their GI rating.

## Pharmacy Corner

Sobeys Dietitians and Pharmacists work together to improve the health of people in our communities.

**Do you have diabetes?** Ask your Sobeys Pharmacist about **Diabetes Care In Action**.

Membership is free for our ongoing pharmacy customers and provides information, support and special offers to help manage diabetes.

Membership includes a subscription to the **Diabetes Care In Action Newsletter**, which is sent to your home or inbox 8 times a year.

## G.I. Rating of Common Foods

	Low Glycemic Index (0-55)	Medium Glycemic Index (56-69)	High Glycemic Index (70 or more)
<b>Grains</b>	Barley Buckwheat Bulgur Quinoa Rice, parboiled	Corn, sweet Cornmeal Couscous Rice, basmati Rice, brown	Millet Rice, short-grain Tapioca
<b>Breads</b>	Bread, cracked wheat Bread, pumpernickel Tortilla, flour	Bread, whole-wheat Bread, rye Bun, hamburger Bun, hotdog English muffin, white Pancake Pita bread	Bagel, white Baguette Bread, white Bun, kaiser Waffles
<b>Cereals</b>	All Bran™ All Bran Buds™ Red River™ Oat Bran™	Cream of wheat Grape-Nuts™ Mueslix Oatmeal Puffed wheat	Bran flakes Cheerios™ Corn flakes Puffed rice Rice Krispies™ Shredded Wheat™
<b>Pasta</b>	Egg noodles Pasta	Rice noodles	
<b>Vegetables</b>	Carrots Mixed vegetables Peas Sweet potato	Beets Potatoes, boiled Potatoes, baked	French fries Parsnips Potatoes, mashed
<b>Fruit</b>	Apples Apricots, dried Bananas Cherries Grapefruit Grapes Kiwi Mangos Oranges Peaches Pears Plums	Apricots, fresh Apricots, canned Cantaloupe Figs, dried Fruit cocktail Papayas Pineapples Raisins	Dates, dried Watermelon
<b>Milk and Alternatives</b>	Milk Soy beverage Yogurt		
<b>Legumes</b>	Baked beans Chickpeas Kidney beans Lentils Navy beans Soy beans Split peas	Black beans	

Adapted from Canadian Diabetes Association

## Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing [Dietitians@sobeys.com](mailto:Dietitians@sobeys.com).

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