

## Instant Swaps for Low GI Eating

We are passionate at Diabetes Insight about giving people choice and flexibility in their diet that are sustainable LONG TERM. Many people who are diagnosed with diabetes feel they are doomed to a life of restrictive eating are surprised and delighted at the practical sensible approach Diabetes Insight has to their dietary needs.

All our plans are designed to avoid food cravings, feeling of hunger and restriction that are generally associated with 'diets'. In fact we don't believe in diets only a normal, healthy, balanced approach to food that the whole family can adopt immediately to get results.

### Simple Instant Swaps for Low GI Eating

Change.....	To....
Instant Quick Oats/Ready Break	Flahavans Oatmeal Porridge made with water/low fat milk, add fresh chopped fruit &/or cinnamon/sweetener, stewed apple, yogurt
Muesli with dried fruit	Muesli with no dried fruit, add fresh fruit instead
Scone (one scone can be equal to 4-6 slices of white bread)	Half of a Brown seeded scone or oatcakes with hummus, apple, celery/carrot sticks
Mashed potatoes	2 medium sized boiled potatoes
Mashed root vegetables	Eat whole, and with a bite to retain the fibre, add some green veg
White Bread/Rolls/Pasta/Rice	Brown, wholegrain

***If you are confused or overwhelmed in regards to any aspect of your diet and diabetes, Diabetes Insight offers a number of services to provide the support and reassurance that you need. Cookery courses, meal planning, recipe ideas, shopping on a budget and supermarket tours are just some of the services that we provide to people with diabetes nationwide.***



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