

Type 2 Diabetes

Healthy choices with grain foods and legumes

FACT SHEET

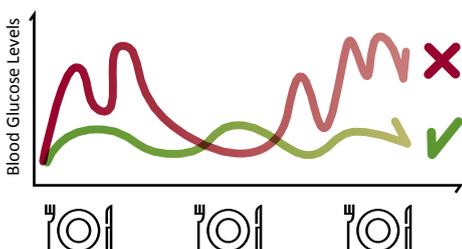
Whole grains, high fibre grain foods and legumes are ideal carbohydrate foods to help manage or reduce the risk of type 2 diabetes. Choosing legumes more often and making smart grain food choices lowers the overall Glycemic Index (GI) of your diet which assists blood glucose control. ¹⁻⁵

Good quality carbohydrates for improved blood glucose control



Carbohydrate is an important energy source for our body. When we eat carbohydrate foods our blood glucose levels rise depending on the amount of carbohydrate we eat, the type of carbohydrate foods we choose and our body's ability to control blood glucose levels.

Type 2 diabetes develops when our body is no longer able to control blood glucose levels within the normal range. So it's very important for people to manage diabetes or reduce their risk of developing diabetes by choosing good quality carbohydrate foods, eating regular meals and spreading carbohydrate foods out evenly during the day.



Sourced from Australian Diabetes Council

Good quality carbohydrates include whole grain and high fibre grain foods as well as legumes

- ✓ Whole grain or high fibre grain foods, including breads, breakfast cereals, pasta, rice and crispbreads, provide essential nutrients like vitamins, minerals and protective components like fibres and phytonutrients (e.g. antioxidants).
- ✓ Legumes (i.e. beans, peas, lentils and chickpeas) are mostly low GI and also provide protein, fibre, minerals, vitamins and phytonutrients.⁶⁻⁹

A word on refined grains

Make at least half your grain foods whole grain or high fibre, but you can still include white rice, pasta, lower fibre breakfast cereals or white bread once a day as part of a balanced diet.¹² Choosing appropriate portions is important (see meal tips and ideas as a guide) and where possible make your refined grain food choices low GI such as, low GI rice, basmati rice, sourdough bread or pasta.

Have you heard of Glycemic Index (GI)?

Low GI carbohydrate foods help to improve blood glucose control as these foods are absorbed more slowly than high GI foods and so cause smaller rises in blood glucose levels overtime.^{10,11}

While low GI is useful when choosing carbohydrate foods it is not necessary to eat only low GI foods. To lower the overall GI of your diet aim to eat at least one low GI carbohydrate food at each meal and base your snacks on low GI foods. For example, eating your breakfast cereal with low GI foods like milk, yoghurt, bran or fruit helps to lower the overall GI of the breakfast. Choosing whole grains, high fibre grain foods and legumes more often also helps to lower the overall GI of your diet.³

When considering the GI of foods it's also important to ensure the foods you choose are low in saturated fat and low to moderate in sodium.



**Grains &
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Cultivating Good Health

Managing blood glucose levels

- ✓ Enjoy grain foods 3-4 times each day, choosing at least half as whole grain or high fibre grain foods.
- ✓ Aim to eat legumes at least 2-3 times each week.
- ✓ Aim to eat at least one low GI carbohydrate food at meals and base your snacks on low GI foods.
- ✓ Eat according to your energy needs and enjoy foods from each of the key food groups including a variety of grain foods, legumes, vegetables, fruits, reduced fat dairy, lean meats, poultry, fish, eggs, nuts and seeds.
- ✓ Maintain a regular portion-controlled eating pattern while spreading your carbohydrate intake out over the day.

For more information on GI visit www.glycemicindex.com.

Low GI options	Meal ideas and tips
FOR BREAKFAST <ul style="list-style-type: none"> • Breakfast cereals based on traditional oats or bran • Traditional porridge or muesli • Baked beans • Dairy foods • Most fresh fruit is low GI 	<ul style="list-style-type: none"> • If you are unsure about the GI of a breakfast cereal check the label or contact the manufacturer. • Remember choosing whole grain or high fibre options is a good start and adding dairy and/or fruit will help to lower the GI of your meal.
FOR LUNCH <ul style="list-style-type: none"> • Dense whole grain breads, multigrain breads and whole grain traditional sourdough 	<ul style="list-style-type: none"> • 1-2 slices of whole grain or high fibre bread is a good guide for meal times, great in a sandwich or as a side.
FOR DINNER <ul style="list-style-type: none"> • Intact whole grains including rye, barley, oats, corn, quinoa, buckwheat, bulgur (cracked wheat) and some varieties of rice including basmati • Pastas of any shape and size • Asian noodles such as hokkein, udon and rice vermicelli 	<ul style="list-style-type: none"> • Whole grains are great as a base for a dish or as side dishes. • Pasta can also be added to soups and salads. Pasta should be cooked al dente (firm to bite), as overcooking pasta can increase the GI. • Portion size is important in helping to manage blood glucose levels, ½-1 cup of cooked grain, pasta or noodles is a good guide for your portion size at meals. <ul style="list-style-type: none"> » ½ cup cooked grain, like rice is equal to a small fist. » ½ cup of cooked pasta is around one small tong full or the size of a tennis ball.
ANYTIME <ul style="list-style-type: none"> • Legumes (beans, peas, lentils, chickpeas) 	<ul style="list-style-type: none"> • Add legumes to your favorite meals for a fibre and protein boost. • If you are using canned legumes remember to rinse and drain them first to reduce the salt. • For legume recipe ideas, order or download GLNC's <i>Everyday Guide to Cooking with Legumes</i>.

Healthy ideas with grain foods and legumes



Swap from this	To a more nutritious choice
Bacon and eggs with white bread	Can of baked beans (130 or 220g), an egg and a slice of low GI dense whole grain bread
Cafe muffin	1 slice of raisin toast with a thin scrape of canola (unsaturated) spread
Corn chips	Vegetable sticks with a low fat dip made with legumes e.g. hummus or mung bean dip*
Banana bread with butter	1 whole grain English muffin, a thin scrape of canola spread and a piece of fruit
Potato chips	1 cup of plain popcorn
Meat pie	3 whole grain crispbreads with tomato slices and 1 slice of reduced-fat cheese plus a piece of fruit
White rice	Low GI white rice i.e. basmati rice Or brown rice with added lentils
Caesar salad	Quinoa and wheat berry tabouleh* Or a garden salad with balsamic dressing and added chickpeas
Fruit juice	1 cup fresh fruit smoothie (low fat milk) with added ¼ cup rolled oats
Pizza	Vegetable muffin pizza* using whole grain English muffins
Potato bake	A whole grain side dish using oats, brown rice, millet or quinoa
Your favourite dish	Your favourite dish with added legumes like red kidney beans, white beans, split peas, lentils or chickpeas. Try spaghetti bolognese with red lentils* (see featured image)

Remember...

portion size is important, when enjoying pasta aim for ½-1 cup of cooked pasta per portion.

½ cup (cooked) pasta = one small tong full



*Check out some quick and easy recipes like Spaghetti Bolognese with Red Lentils at www.glnc.org.au



Grains & Legumes Nutrition Council

Visit www.glnc.org.au to download recipes, fact sheets and subscribe to GLNC's e-newsletter to learn more about the benefits of grains and legumes. | For all references cited go to www.glnc.org.au/resources/fact-sheet-references.

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