Recipe of the Month

A LOW GLYCEMIC INDEX CHOICE

Chewy Date Cookies

Ingredients

1/3 Cup of Butter (No Substitutes)
2/3 Cup of Packed Brown Sugar
1 Egg
3/4 Cup of All-Purpose Flour
2 Tsp Grated Lemon Peel
1.5 Tsp Baking Powder
1/2 Tsp Cinnamon
1/2 Tsp Ground Nutmeg
1/4 Tsp Salt
1/4 Cup of Fat-Free Milk
1 Cup of Chopped Dates

Directions

1. In a mixing bowl, cream together butter and brown sugar. Add egg and mix well.
2. Combine flour, lemon peel, baking powder, cinnamon, nutmeg and salt in another bowl. Add to the creamed mixture alternately with milk, beating well after each addition.
4. Drop by rounded tablespoonfuls onto an un-greased cookie sheet, 2 inches apart. Bake at 375°F for 13-15 minutes or until brown. Place on a wire rack to cool. Store in a sealed container. Makes about 2-1/2 Dozen.

NUTRITION FACTS Per One Cookie

77 cal, 1 g Protein, 2 g Fat, 1 g Saturated Fat, 14 g Carbohydrate, 1 g Fibre, 13 g Cholesterol

Adapted From: Taste of Home’s Light and Tasty April/May 2002

Source of Fibre

Brought to you by the Dietitians at the Health and Performance Centre (www.uoguelph.ca/hpc).
For a personal consultation, please call 519-767-5011 ext. 1.
What is the Glycemic Index?

The Glycemic Index (GI) ranks carbohydrates on a scale from 0 to 100 based on the extent to which they raise blood sugar levels following eating. Foods with a high GI are rapidly digested and absorbed and result in large fluctuations in blood sugar and insulin levels. Low-GI foods, by virtue of their slow digestion and absorption, produce more gradual rises in blood sugar and insulin levels, and have proven benefits for health. Visit [http://www.glycemicindex.com/](http://www.glycemicindex.com/) for more information.

![Blood Glucose vs Time graph]

- Studies at Harvard School of Public Health indicate that the risk of developing type 2 diabetes is strongly associated with the GI of the overall diet.
- The Canadian Diabetes Association, and the World Health Organization recommend a low GI diet to decrease the risk of cardiovascular disease, diabetes and obesity.
- GI is complex and many factors can modify the glycemic response, such as the nature of the starch, cooking method, fiber, fat and protein. For more information consult a Registered Dietitian.

### Why Choose Lower GI Foods

- Most lower GI foods offer more fibre and are lower in fat, and both are recommended by Health Canada’s Guidelines for Healthy Eating and the Canadian Diabetes Association’s Nutrition Guidelines.
- A smaller, more gradual rise in blood sugar can help you feel full for longer and therefore may aid in weight loss and maintenance.
- Studies show that lower GI diets may decrease your risk of developing cardiovascular disease, diabetes and obesity.

### Tips for Decreasing the GI of Your Diet

- Increase your fibre intake.
- Prepare dishes with beans and lentils such as chili, soups and salads.
- Chose whole-grain, sourdough, flax and oat bran breads and pastas more often.
- Choose a variety of fresh fruits and vegetables. Leave the skins on for added fibre.
- Choose parboiled, brown or white rice more often than instant rice.
- Choose backed potatoes more often than mashed potatoes.
- Acid lowers the GI of a food so add lemon juice and vinegar to salads.

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**Remember:**
- Processed foods...
- The more foods are cooked...
- The more ripe the fruit...
- The larger the portion size...

**THE HIGHER THE GI**