

RBTI NUTRITIONAL EXPLANATIONS AND TIPS FOR SUCCESS

WHAT ARE SIMPLE CARBOHYDRATE FOODS?

Foods containing added sugar, white flour, e.g. sweet biscuits, cakes & pastries, soft drinks, chocolate, ice-cream, lollies, alcohol etc...

WHAT ARE G.I. (GLYCAEMIC INDEX) FACTOR FOODS?

The G.I. factor is a ranking of foods based on their overall effect on blood sugar levels.

Low G.I. (<55)

Breakfast Cereals

Rice bran & oat bran, All-Bran (all varieties), Guardian, Special K**, Porridge

Breads & cereals

Whole grain/multi grain breads, fruit loaf, popcorn, pearl barley, pasta, noodles (low fat), cracked wheat (Bulgur), buckwheat

Vegetables

Sweet corn, sweet potato

Legumes & Pulses

Lentils, kidney beans, split peas, chickpeas, baked beans

Dairy Products

Low fat varieties of yoghurt, milk, custard, ice cream

Fruit

Cherries, grapefruit, dried apricots, apples, pears, apples, plums, peaches (tinned/fresh), oranges, grapes, kiwi fruit

Spreads

100% fruit jam

Juices

Fruit juices (apple, orange, pineapple, grapefruit)**

Moderate GI (55 – 70)

Breakfast Cereals

Sustain, shredded wheat, semolina, Weet-Bix/Vita Brits, Just Right, natural muesli, Plain Mini Wheats, Bran buds

Breads & Cereals

Polenta, couscous, rye & light rye bread, wholemeal bread, pita bread, crumpet, croissant*, basmati or doongara rice, muesli bars

Biscuits

Jatz biscuits*, ryvita crisp bread, oatmeal, shredded wheatmeal, milk arrowroot biscuits

Dairy Products

Ice cream*

Fruit

Banana, sultanas, pineapple, rockmelon, apricots, mango,

Spreads

Honey

Sugars

Sugar (sucrose)

High GI (>70)



Breakfast Cereals

Puffed wheat, rice bubbles, sultana bran, bran flakes, corn flakes, mini wheats (fruit filled)

Breads & Cereals

White bread, dark rye bread, english muffin, bagel, baguette, rice - white or brown, rice cakes, tapioca

Vegetables

Potatoes, new boiled, broad beans

Biscuits

Water crackers, Sao*, milk coffee biscuits

Fruit

Watermelon, dates dried, lychee (canned)

Snack Foods

Pretzels

Drinks

Non diet soft drinks, cordial, sports drinks

Sugars

Malt (maltose), glucose, jelly beans

* These are foods high in fat. Use them occasionally. ** These foods are low in fibre. Use them occasionally

Factors that influence the GI of food:

- type of starch present,
- the physical form of the food, ie particle size, ripeness (the larger the particle size the more slowly the food is absorbed and the riper the fruit the more quickly it is absorbed),
- the amount of cooking and processing usually speeds up absorption,
- amount of water-soluble fibre present (slows down absorption),
- the type of sugar (fruit sugar is more slowly broken down than sucrose),
- fat and protein content (delays absorption),
- the acidity of food- eg adding lemon juice to food, delays its absorption

diabetes centre <http://www.diabetes.org.au>

What are Potassium Rich Foods?

Apricots
avocados-raw
bananas-raw
beets-raw
brussel sprouts

cantaloupe
dates-dry
kiwi fruit-raw
figs-dry
Lima beans

melons-honeydew
nectarines
oranges
pears-fresh
potato-baked

peanuts-dry roasted
prunes-dried
raisins
spinach-cooked
tomato products

winter squash
yoghurt plain

MAJOR DETOXIFICATION - NO NO FOODS

Pigs meat – includes pork, bacon and ham

Pigs are scavengers and eat meat. They are closest to human structure and this makes it difficult for humans to detoxify sutoxins (toxins in pigs)

Wheat and dairy

These foods are highly processed and the changes in their molecular structure make them highly reactive and potential allergens.

Tea, Coffee and Chocolate

These foods are stimulants and therefore block the detoxifying processes

Shellfish and other fish without scales or fins

These foods contain toxins from within the fish and toxins from eating algae. They are all considered scavengers.

Nuts to avoid

Peanuts, Pecans and Pistachio's – these all contain moulds and peanuts are hard to digest.

Artificial sweeteners, food colourings and preservatives

Because these are all non natural products, the body has to work harder to remove them and often they are stored in organs such as the brain.

Sugar

Sugar products destabilize the pancreas and excess amounts also need to be removed from the body.

When you are not on a detoxification diet, it is still best to treat all the above with respect.