

## Mushroom Fried Rice

serves 3

### INGREDIENTS

Shitake mushrooms, sliced	150g
Eggs	2 medium
Ginger, minced	1 tablespoon
Garlic, minced	1 tablespoon
Green bell pepper, diced	2 tablespoons
Carrots, chopped	2 tablespoons
Sesame oil	1/2 teaspoon
Olive oil	2 tablespoons
Cooked brown rice	1 cup
Salt	1/4 teaspoon

### METHOD OF PREPARATION

1. Heat the pan over medium heat. Add one tablespoon of olive oil and the eggs, keep stirring until eggs are fluffy and cooked. Set aside.
2. Add 1 tablespoon of olive oil to the pan. Saute garlic and ginger for 30 seconds.
3. Add bell pepper, carrot and salt. Saute for 3 to 4 minutes.
4. Add sliced mushrooms, and saute for 2 minutes.
5. Add the cooked eggs, and mix in. Gradually add cooked brown rice, sprinkle sesame oil and mix well.



### NUTRITION INFORMATION per serving:

Energy	398 Kcal
Carbohydrate	39g
Protein	11g
Fat	22g
Saturated fat	3.9g
Cholesterol	178mg
Dietary fibre	2.7g
Sodium	269mg
Carbohydrate Exchanges	= ~ 2.5 exchange

Recipe and photo by Kohila Govindaraju, freelance nutritionist

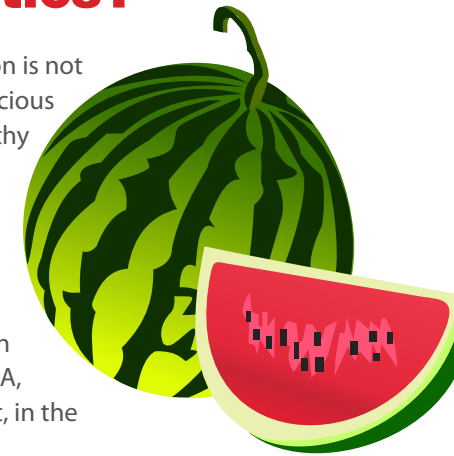


by Kohila Govindaraju, freelance nutritionist

## Are watermelons good for diabetics?

**W**atermelon is not only delicious but healthy as well.

It is a good source of vitamin C and carotenoids called, "provitamin A" that is converted to retinol, an active form of vitamin A, a powerful antioxidant, in the body.



Leaving the uncut watermelon on the counter at room temperature will increase the carotenoids that naturally increase the vitamin A, so don't go rolling it into the refrigerator too soon.

The lycopene in red/pink watermelon has been associated with a lower risk of developing prostate cancer!

This juicy fruit is also high in L-citrulline and L-arginine which keep the arteries healthy to maintain a healthy blood pressure.

It is a wonderful fruit for weight loss. Many think that watermelon increases the glucose level because it is high in GI. While it is high in GI (78), the watermelon is also 92% water. For its size, most of the weight is water! That is good news indeed!

It is easy to overeat when snacking on watermelon. So, stick to the recommended portion size. People with diabetes, can have a slice/wedge (130g). That should be good enough to quench your thirst! Enjoy!

## Do I have to give up high GI foods completely?

**T**hankfully, no! Not all the carbohydrates have the same effect in your body. Some carbohydrates will give a quick rise in blood sugar levels and some will have a slower effect. For example, oatmeal, white rice, white bread, more cooked or processed food, more ripen fruit are generally high in GI. They break down in the body faster and quickly raise the blood sugar levels! Soft-cooked pasta, mashed potato, are high in GI. So, avoid over cooking any food!

Juice has a higher GI compared to a whole fruit. The fibre and acids in fruit tend to lower the GI. The more acidic the food, the lower the GI. Sourdough bread is low in GI compared to other varieties of bread. Dried beans & legumes, most fruits, non-starchy vegetables, some starchy vegetables like sweet potato, jicama (mang kuang) whole wheat grain breads and cereals like barley, brown rice, whole wheat bread are considered low GI foods.

We eat foods in combination with other foods. When you combine High GI with low GI food, the final is a medium GI, balanced meal. A diabetes meal plan involves choosing foods that have a low or medium GI and low in saturated/trans fats. A teaspoon of peanut butter is high in GI and wholemeal bread is low in GI. Combining these to food will give you a medium GI! A bowl of white rice is naturally high in GI. Reducing it to a medium GI will not only prevent the insulin spike, it also keeps you feel full for a longer time. But how? The answer is very simple. Replace half the bowl of rice with red kidney beans and vegetables. You will get a low GI dish and a pretty decent amount of protein, too!

It is not only the low calories or GI that we need to take note of, but also the serving size when planning a meal because serving size has a great impact on blood glucose level. Popcorn that is air popped has a high GI (72) but low in carbohydrate 6 to 8g per cup. Thus popcorn (plain with little salt) would have an overall lower impact based on the serving size. If you consume more than the serving size, the blood glucose shoots up and it will take longer time to go back to normal. Puffed millet, like popcorn, is low in calories ( half a cup or 20g of puffed millet gives only 70 kcal) and high in GI. Half a cup of puffed millet with milk, plus a teaspoon of honey and nuts or fruits to enrich the protein and vitamin value, make a quick, healthy and satisfying breakfast meal.