



Dear Nikki

A friend of mine is raving about the Mediterranean Diet. How does it work?

- The Mediterranean Diet is rich in fruit, vegetables, grains and sources of omega-3 fatty acids.
- It contains lots of carbohydrates that have a low glycemic index. The Glycemic Index measures how fast carbohydrates hit the bloodstream. Carbohydrates that break down slowly, release glucose gradually into the blood stream and have low GI values (55 or less). Benefits include:
 - Lower insulin levels make body fat easier to burn and less likely to be stored
 - Helps lower blood fats.
 - Low GI foods are more satisfying and reduce appetite.
 - Reduces the risk of getting diabetes.
- The Mediterranean Diet is low in saturated fats but not necessarily total fats.
- It may also protect against cardiovascular disease and some types of cancers.

• • • • •
Low Glycemic Index Mediterranean Diet

✓ *What to choose*

Sourdough bread, olives, olive oil, feta, fresh fruit, stuffed vine leaves, rocket salads, pasta with tomato based sauces, fish, beans, chickpeas, nuts.

✗ *What to avoid*

Creamy pastas, pastries, heavy desserts.



5 ways to swap from high GI foods to low GI foods

High GI	→	Low GI
Boiled potatoes (GI = 72-101)	→	Sweet corn (GI = 48)
Cornflakes (GI = 77)	→	Special K (GI = 56)
Bagel (GI = 72)	→	Burgen soy & linseed (GI = 36)
Jasmine rice (GI = 109)	→	Basmati rice (GI = 58)
Puffed rice cakes (GI = 82)	→	Oatmeal biscuits (GI = 54)

Need my help?

New Zealand's favourite dietitian, Nikki Hart, is returning to TV2 in 2006 with a new series and would like to hear from you.

Are you a parent worried about the future health of your children if they are putting on weight?

Or are you an adult struggling with obesity? Do obesity-related health concerns cause you to suffer daily?

If you want sensible, achievable advice from New Zealand's most respected dietitian, Nikki will offer practical solutions through her onscreen programme.

The programme's producer Glenn Sims says, 'We want to deliver practical, sensible, achievable and, perhaps most importantly, non-judgemental solutions to those struggling with obesity and its side effects.'

Write to Evil Diet Witch, Screentime, PO Box 90530, Auckland Mail Centre, or email: evildietwitch@screentime.co.nz