



a natural help for diabetics

With obesity on the rise and diabetes following, here's a natural and tasty food that can help control both.

Canadian researchers have found new evidence that buckwheat may be helpful in managing diabetes, a condition rapidly on the increase in Australia and New Zealand. The researchers found that an extract of buckwheat, fed to diabetic rats, lowered their blood-sugar levels by 12 to 19 per cent. Although buckwheat can't cure diabetes, it's now thought it could be useful in its management.

What is buckwheat?

Despite its name, buckwheat isn't a grain—it isn't related to wheat in any way. It's actually the seed of a plant related to rhubarb. The seeds are small and triangular with pointed ends. They are usually cooked directly or ground into a nutty-tasting flour.

How does it work?

Buckwheat contains relatively high levels of a natural substance called chiro-inositol (CI). CI is thought to make the body's cells more sensitive to insulin or may act as an insulin mimic to lower blood sugar.

Buckwheat also has a relatively low glycaemic index (GI), which means it promotes a more gradual and favourable rise in blood-sugar levels in the blood after eating, compared to white rice, for example.

It is a good source of protein, thiamin, niacin, iron and magnesium.

How do you eat it?

- Cook it whole and eat it as "porridge" for breakfast.
- Use it instead of rice in pilafs and risottos—kasha is a popular dish in Russian, Polish and Jewish cuisine.
- Add Japanese Soba noodles to broths.
- Make biscuits with buckwheat flour.
- Prepare Russian blinis (small pancakes made with buckwheat flour)

You can buy buckwheat from health food shops and some supermarkets. And note, it is also useful for people with an allergy to wheat or gluten.

Turn to **page 51** for a healthful and tasty buckwheat recipe.

FOR MORE INFORMATION

For further information on healthy eating, please contact *Sanitarium Nutrition Service*

AUSTRALIA: Locked Bag 7
Central Coast Mail Centre, NSW
2252 Phone: 1800 673 392

NEW ZEALAND: Private Bag
92127, Auckland, New Zealand
Phone: 0800 100 257

THE HEALTH FOOD COMPANY

Sanitarium

nutrition
healthy for life service™