

The Beach House  
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# THE ULTIMATE SUPERFOOD SNACK GUIDE FOR STABLE BLOOD SUGAR





## Welcome to Your Guide

Are you tired of the unpredictable rollercoaster of blood sugar spikes and crashes?

Imagine a day where your energy levels are steady, and your mind is clear, all while enjoying the delicious benefits of superfoods. This guide is here to help you achieve that balance.

Discover how integrating nutrient-dense superfoods into your diet can transform your glycaemic control and enhance your overall well-being.

# Top Superfoods for Glycaemic Control



## **Chia Seeds**

Packed with fibre and omega-3 fatty acids, chia seeds help slow glucose absorption and maintain steady blood sugar levels.

## **Quinoa**

This protein-rich grain is a low glycaemic index food that supports stable glucose levels and provides sustained energy.



## **Berries**

Rich in antioxidants and fibre, berries such as blueberries and strawberries help regulate blood sugar and add a burst of flavour to your snacks.



## Nuts and Seeds

Almonds, walnuts, and pumpkin seeds are high in healthy fats and protein, which help stabilise blood sugar and curb hunger.

## Leafy Greens

Spinach and kale are excellent sources of fibre and essential nutrients that support blood sugar management.



## Sweet Potatoes

Their low glycaemic index and high fibre content make sweet potatoes a great option for maintaining stable blood sugar levels.



## Delicious Snack Recipes:



**1 BERRY CHIA  
PUDDING**



**2 QUINOA  
SALAD**



**3 NUT & SEED  
MIX**



**4 SWEET POTATO  
CHIPS**



# Berry Chia Pudding

## Ingredients

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- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk (or any milk of your choice)
- 1/2 cup mixed berries (e.g., blueberries, strawberries, raspberries)
- 1 teaspoon honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract (optional)

## Method

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### 1) Combine Ingredients:

In a bowl, mix chia seeds with almond milk. Stir well to ensure the chia seeds are evenly distributed.

### 2) Add Sweetener:

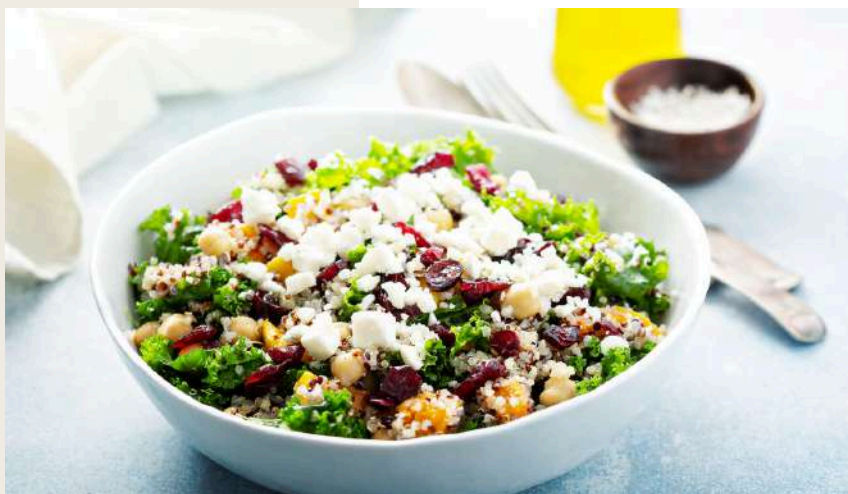
If desired, add honey or maple syrup and vanilla extract. Stir again to combine.

### 3) Chill:

Cover the bowl & refrigerate for at least 4 hours or overnight. The chia seeds will absorb the liquid and create a thick, pudding-like texture.

### 4) Serve:

Top with mixed berries before serving. Enjoy a creamy, satisfying snack that helps stabilise blood sugar levels.



# Quinoa Salad

## Ingredients

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- 1 cup cooked quinoa (cooled)
- 1 cup fresh spinach leaves
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

## Method

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### 1) Prepare Salad:

In a large bowl, combine cooked quinoa, spinach, cherry tomatoes, and red onion

### 2) Make Dressing:

In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

### 3) Mix Together:

Pour the dressing over the quinoa mixture and toss to coat evenly.

### 4) Serve:

Enjoy this refreshing and nutrient-packed salad as a midday snack or light meal.



# Nut & Seed Mix

## Ingredients

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- 1/2 cup almonds
- 1/2 cup walnuts
- 1/2 cup pumpkin seeds
- 1/4 cup dried cranberries or raisins
- 1/4 teaspoon cinnamon (optional)

## Method

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### 1) Mix Ingredients:

In a bowl, combine almonds, walnuts, pumpkin seeds, and dried cranberries or raisins.

### 2) Add Flavour:

Sprinkle with cinnamon if desired, and mix well.

### 3) Store:

Store the mix in an airtight container at room temperature for up to 1 week.

### 4) Enjoy:

Grab a handful for a crunchy, satisfying snack that supports stable blood sugar.





# Sweet Potato Chips

## Ingredients

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- 2 medium sweet potatoes
- 1 tablespoon olive oil
- 1 teaspoon ground cinnamon (or smoked paprika for a savoury option)
- Salt to taste

## Method

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### 1) Preheat Oven:

Preheat your oven to 400°F (200°C).

### 2) Prepare Sweet Potatoes:

Wash and peel the sweet potatoes. Slice them thinly (about 1/8 inch thick) using a mandolin or a sharp knife.

### 3) Season:

Toss the sweet potato slices with olive oil, ground cinnamon, and a pinch of salt.

### 4) Bake:

Spread the slices in a single layer on a baking sheet. Bake for 20-25 minutes, flipping halfway through, until the chips are crispy and golden.

### 5) Cool:

Allow the chips to cool before enjoying. Store leftovers in an airtight container.



## Glycaemic Load Insights

### **Understanding Glycaemic Load (GL)**

Glycaemic Load is a valuable measure that provides a more comprehensive understanding of how a food impacts your blood sugar levels.

Unlike the glycaemic index (GI), which only considers the rate of sugar absorption, glycaemic load takes into account both the quality and quantity of carbohydrates in a food.

By focusing on GL, you can make more informed choices that help maintain steady blood sugar levels throughout the day.



# Glycaemic Load Matters



## Why Glycaemic Load Matters

Glycaemic Load reflects how a portion of food affects your blood sugar, considering both the type of carbohydrate and the amount consumed.

It provides a clearer picture of the food's impact on your body and helps you make better dietary decisions to manage your blood sugar effectively.





# Glycemic load

## How to Calculate Glycaemic Load

Glycaemic Load is calculated using the formula:

$$\text{GL} = (\text{GI} \times \text{Carbohydrate Content per Serving}) / 100$$

**For example,**

if a food has a GI of 50 and contains 15 grams of carbohydrates per serving, the GL would be:

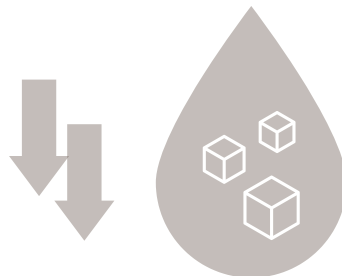
$$\text{GL} = (50 \times 15) / 100 = 7.5$$



## **Incorporating Low-Glycaemic Load Foods**

Focus on foods with a low glycaemic load to support stable blood sugar levels.

These foods provide sustained energy without causing sharp spikes in glucose levels.





## Examples of Low-Glycaemic Load Foods:



**Chia Seeds**



**Quinoa**



**Berries**



**Leafy Greens**



**Sweet Potatoes**



## Meal Planning with Glycaemic Load

### 1) Choose Foods Wisely:

Opt for snacks and meals that are low in glycaemic load to keep your blood sugar balanced.

### 2) Combine Foods:

Pair low GL foods with moderate GL options to balance your meal and avoid spikes.

### 3) Portion Control:

Be mindful of portion sizes to manage the total glycaemic load of your meals and snacks.



## Practical Tips for Managing Glycaemic Load

### 1) Read Labels:

Check nutrition labels for carbohydrate content and choose foods with a lower GL.

### 2) Plan Meals:

Incorporate a variety of low GL foods into your diet to support consistent energy levels and blood sugar control.

### 3) Stay Hydrated:

Drink plenty of water to aid in overall health and support glycaemic balance.



By understanding and applying glycaemic load principles, you can make smarter food choices that help manage your blood sugar more effectively.

Enjoy balanced meals and snacks that support your health and well-being.





## Expert Tips & FAQs

**Q. How often should I include superfoods in my diet?**

**A.** Aim to include superfoods in your snacks and meals daily to support consistent glycaemic control.

**Q. Can I eat these snacks if I have diabetes?**

**A.** Yes, these superfood snacks are designed to support stable blood sugar levels and can be enjoyed as part of a diabetes-friendly diet.

**Q. Are there any other superfoods I should consider?**

**A.** In addition to those listed, consider adding legumes, avocados, and whole grains to your diet for further benefits.



