More than 1.5 million Aussies have diabetes, and more than twice this number will be at risk of developing diabetes in the next 25 years. So it's timely the CSIRO and Baker IDI have published *The Diabetes Diet and Lifestyle Plan*. It's motivational and inspirational if you have type 2 diabetes or are cooking for someone who has. The recipes can help shed excess weight or maintain weight, too.

The book has two eating plans - a high-protein plan or one higher in carbohydrates - but the emphasis is on low GI, high fibre or wholegrain breads and cereals. It's a healthy eating plan based on five to seven units of bread, 1.5 to 2.5 units of protein, three units of low-fat dairy, five units of vegetables, two units of fruit and up to six units of fats. You are also allowed four units of indulgences each week, such as a glass of wine or 20g chocolate.

### SPANISH CHICKEN & LEMON BEANS

**SERVES 4 | PREP: 15 MIN | COOK: 35 MINS**

- 1 tbsp olive oil
- 400g skinless chicken legs
- 1 onion, peeled and sliced
- 3 cloves garlic, sliced
- 2 red capsicums, seeded and sliced
- 1 tbsp sweet paprika
- 1 x 400g tin diced tomatoes
- 3 sprigs thyme
- 1 stick cinnamon
- 185ml salt-reduced chicken stock
- 2 tbsps sherry vinegar
- 2 dried bay leaves
- 2 tbsps chopped parsley
- 1 cup cooked basmati rice

**LEMON BEANS**

- 4 cups (440g) green beans
- 2 tbsps lemon juice
- 20g toasted silvered almonds

**KN & LEMON BEANS**

1. Heat oil in a large frying pan over a medium heat. Add chicken and brown on all sides. Remove from pan and set aside.
2. Add onion, garlic and capsicum and cook, stirring, for 5 to 10 minutes, or until softened. Add paprika and stir to combine.
3. Add chicken to the pan and bring to the boil. Reduce heat, cover and simmer for 25 minutes, or until chicken is cooked and the sauce has thickened. If the sauce has not thickened, you may need to uncover the pan for the last 5 minutes of cooking. Remove cinnamon stick and bay leaves. Sprinkle over parsley.

To prepare the beans, steam them for 3 to 4 minutes, or until cooked to your liking. Toss with lemon juice and almonds and serve alongside the chicken with the basmati rice.
MISO SALMON WITH BEAN SPROUT & CUCUMBER SALAD

SERVES 4 PREP: 15 MINS COOK: 10 MINS

Olive oil spray
1 tbsp miso paste
1 tbsp mirin
4 x 150g salmon fillets, skin and bones removed
Lime wedges, to serve
BEAN SPROUT & CUCUMBER SALAD
80g bean sprouts, trimmed
1 carrot, cut into matchsticks
1 cucumber, cut into matchsticks
3cm piece ginger, cut into matchsticks
15g coriander leaves
10g mint leaves
LIME & MIRIN DRESSING
1 tbsp lime juice
1 tbsp mirin
1 tsp soy sauce
½ tsp sesame oil

1 Heat either a grill plate or non-stick frying pan over a medium heat and spray with olive oil.
2 Combine the miso paste and mirin in a bowl and brush over both sides of the salmon fillets.
3 Grill the fish for 3 minutes on each side, or until cooked to your liking.
4 Combine all salad ingredients in a large bowl. Mix dressing ingredients in a small bowl or shake together in a screw-top jar, then pour over salad.
5 Serve grilled salmon fillets alongside or on top of bean sprout and cucumber salad, with lime wedges.

Mirin is a sweet rice wine and miso is a fermented soybean paste. Both ingredients are used in Japanese cooking and are available in the Asian section of your local supermarket or in Asian food stores.

TOP TIP
White fish fillets, such as snapper, blue eye cod or ling, also work well in this recipe.
LAMB PIES WITH MINT YOGHURT
SERVES 4  PREP: 15 MINS  COOK: 40 MINS
1 tbsp olive oil
1 onion, finely diced
1 clove garlic, crushed
200g lean minced lamb
1/2 tsp ground cinnamon
1 tsp ground coriander
1 tsp ground cumin
1/2 tsp chilli powder (optional)
1 x 400g tin diced tomatoes
3 tbsp chopped coriander leaves
Freshly ground black pepper, to taste
4 pieces wholemeal mountain bread
Olive oil spray

MINT YOGHURT
200g low-fat natural yoghurt
1 Lebanese (small) cucumber, finely diced
1 tbsp lemon juice
2 tbsp chopped mint

SALAD
80g salad leaves
250g cherry tomatoes, halved
2 tbsp roughly torn mint
1 tbsp lemon juice

1 Heat oil in a small frying pan over a medium heat and cook onion and garlic for 5 minutes, or until onion is soft. Add lamb, cinnamon, ground coriander, cumin and chilli powder and cook, stirring, to break mince up, for five minutes, or until browned. Add diced tomatoes and simmer for 25 minutes, then stir through coriander leaves and some black pepper.
2 Meanwhile, to make the mint yoghurt, combine all the ingredients in a bowl.
3 To make salad, place salad leaves, tomato and mint in a serving bowl and gently toss. Drizzle with lemon juice.
4 Preheat the oven to 180C. Trim corners off each piece of mountain bread to make rough circles and gently press each one into a 1-cup capacity ovenproof ramekin or Texas muffin pan and spray with olive oil. Bake for 4 to 5 minutes, or until crisp.
5 To serve, spoon lamb mixture into the four hot bread cups, top with a dollop of mint yoghurt and serve with salad.
6 If you’re a garlic fan, add a large clove of crushed garlic to the mint yoghurt for an extra kick of flavour.

TOP TIP
You can spoon any filling you like into the bread cups — try bolognese or chilli beef.
# Calamari Salad with Coriander & Lime

**Serves 4**  
**Prep: 15 mins**  
**Cook: 10 mins**

<table>
<thead>
<tr>
<th><strong>Salad</strong></th>
<th><strong>Squid</strong></th>
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</thead>
<tbody>
<tr>
<td>200g squid hoods, cleaned</td>
<td>300g salad leaves</td>
</tr>
<tr>
<td>2 tsps olive oil</td>
<td>1 red (Spanish) onion, thinly sliced</td>
</tr>
<tr>
<td>2 tblspns chopped coriander, plus extra leaves to serve</td>
<td>1 Lebanese (small) cucumber, halved and thinly sliced</td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td>250g cherry tomatoes, halved</td>
</tr>
<tr>
<td>2½ tblspns lime juice</td>
<td>Cut squid hoods down one side and open flat. Score the inside in a criss-cross pattern and cut into 5cm pieces. Toss with olive oil.</td>
</tr>
<tr>
<td>2 tblspns sweet chilli sauce</td>
<td>2 Combine coriander, garlic, lime juice, sweet chilli sauce and pepper in a large bowl as a dressing for the cooked squid.</td>
</tr>
<tr>
<td>Freshly ground black pepper, to taste</td>
<td>3 Heat a grill plate or frying pan over a high heat. Add squid and cook for 2 to 3 minutes, or until cooked through (you may need to do this in batches). As soon as it’s done, add the squid to the dressing. Toss to combine.</td>
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4 Place all the salad ingredients on a serving platter or divide among individual plates and top with the dressed squid. Garnish with extra coriander leaves and serve with lemon wedges.

**Top Tip**  
This salad works well with all seafood. Prawns are perfect or try a combination of seafood.

<table>
<thead>
<tr>
<th>Serving</th>
<th>Nutritional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>½ unit protein</td>
</tr>
<tr>
<td></td>
<td>3 units vegetables</td>
</tr>
<tr>
<td></td>
<td>½ unit fats</td>
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This is perfect for a weekend lunch. If you want more heat, toss 1 to 2 chopped red chillies with the oil and squid in the first step.
BAKED LIME CHEESECAKE

SERVES 10 | PREP: 10 MINS | COOK: 50 MINS

250g low-fat ricotta
220g extra-light cream cheese
250g low-fat vanilla yoghurt
3 tblsp cornflour
2 eggs
Finely grated zest of 1 lime
3/4 tsp Splenda or other powdered sweetener
600-800g mixed fruit

1. Preheat the oven to 160C. Line the base of a 20cm springform tin with baking paper.
2. Combine the low-fat ricotta, extra-light cream cheese, yoghurt, cornflour, eggs, zest and sweetener in the bowl of an electric mixer and beat at medium speed until smooth.
3. Pour the batter into the prepared tin and bake for 50 minutes, or until set. Turn the oven off and leave the cheesecake to cool in the oven for 30 minutes. Run a knife around the edge to loosen, then set aside to cool completely. Serve with the mixed fruit.

To make lemon cheesecake, simply replace the lime zest with lemon. Or leave it out altogether and use 1 tsp coconut or almond essence instead. And relax – traditional cheesecakes are high in fat and sugar, but this version eliminates that with low-fat dairy and sweetener.

Should you use a sweetener?

A moderate intake of sugar (10 per cent of your daily kilojoules) is acceptable in a healthy diet. But diabetic diets often include sweeteners to help with weight control.
1. Non-nutritive (artificial) sweeteners such as saccharin, aspartame, acesulfame potassium, sucralose and stevia have been tested and approved, and are safe for consumption. Women who are pregnant or breastfeeding can safely consume them in small amounts. There is no clinical evidence that artificial sweeteners cause cancer.
2. Nutritive sweeteners such as fructose, sugar alcohols (sorbitol), polyols and maltodextrin contain kilojoules and can affect blood glucose levels. They’re OK for people who are a healthy weight but want to minimise the effect on their blood glucose levels.
BLUEBERRY MUFFINS
SERVES 8 (MAKES 16) PREP: 10 MINS COOK: 15 MINS

1 cup wholemeal flour
2 tsp baking powder
2 tsp Splenda or other powdered sweetener
2 eggs, lightly beaten
1 tsp vanilla extract
1/2 tsp grated lime zest (optional)
125ml buttermilk
75g blueberries or other berries of choice

1 Preheat the oven to 180C. Grease or line 16 mini-muffin holes with paper patty cases.
2 Combine the flour, baking powder and sweetener in a large mixing bowl. Whisk together the eggs, vanilla, lime zest and buttermilk in a separate bowl, then add to the dry ingredients and stir until just combined. Add the berries and mix gently.
3 Spoon the batter into the muffin holes and bake for 12 to 15 minutes, or until they spring back when pressed and a cake skewer comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

Don't overmix the batter or the muffins may become tough.

TOP TIP
For a lighter muffin, you can replace half the wholemeal flour with plain flour.
ARE YOU AT RISK?

It's a scary fact. You or someone in your family could have type 2 diabetes and not even know it. Symptoms such as fatigue, lethargy, poor vision, irritability, reduced libido and passing urine more frequently can easily be dismissed as part of getting older or other problems.

Alarmingly, most people who are diagnosed with diabetes have probably already had it for years. In the recent AusDiab survey of the general Australian population, for every one person who knew they had diabetes, there was another who had diabetes but had never been diagnosed.

The sooner you know about the disease, the more you can do about halting its progress. If this questionnaire shows you're at risk, you should see your doctor for a test.

**The Australian Diabetes Risk Assessment Tool**

You can estimate your own risk of developing type 2 diabetes in the next five years using this risk calculator (AusDrisk) developed by the International Diabetes Institute (Baker IDI). It is used by the Australian Government Department of Health and Ageing, general practitioners and health workers.

1. **What is your age group?**
   - a. Under 35 - 0 points
   - b. 35-44 - 2 points
   - c. 45-54 - 4 points
   - d. 55-64 - 6 points
   - e. 65 or over - 8 points

2. **What is your gender?**
   - a. Female - 0 points
   - b. Male - 3 points

3. **What is your ethnicity and country of birth?**
   - i) Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
     - a. No - 0 points
     - b. Yes - 2 points
   - ii) Where were you born?
     - a. Australia - 0 points
     - b. Asia (including the Indian subcontinent), Middle East, North Africa, Southern Europe - 2 points
     - c. Other - 0 points

Turn to page 56 for the CSIRO & Baker IDI diabetes recipes for the whole family.
4. Have either of your parents, or any of your siblings, been diagnosed with diabetes (type 1 or type 2)?
   a. No - 0 points
   b. Yes - 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?
   a. No - 0 points
   b. Yes - 6 points

6. Are you taking medication for high blood pressure?
   a. No - 0 points
   b. Yes - 2 points

7. Do you smoke cigarettes or any other tobacco products on a daily basis?
   a. No - 0 points
   b. Yes - 0 points
   c. No - 0 points
   d. Yes - 2 points

8. How often do you eat portions of vegetables or fruit?
   a. Every day - 0 points
   b. Not every day - 1 point

9. On average, would you say you do at least 2.5 hours of physical activity
   a. No - 0 points
   b. Yes - 2 points

10. Your waist measurement
    (The correct place to measure your waist is halfway between your lowest rib and the top of your hipbone, roughly in line with your navel. Stand up, measure directly against your skin, breathe out normally, make sure the tape is snug, without compressing the skin.)
    a. Less than 80cm - 0 points
    b. 80-89cm - 0 points
    c. More than 90cm - 7 points
    d. 70-79cm - 4 points
    e. Less than 70cm - 0 points

Find out your risk
Check your total score against the three possible point ranges below.

FIVE OR LESS: LOW RISK
If you scored five or less you are at low risk of developing type 2 diabetes within five years - approximately one person in every 100 will develop type 2 diabetes.

SIX TO 11: INTERMEDIATE RISK
If you scored six to 11 you are at intermediate risk of developing type 2 diabetes within five years - for scores of six to eight, approximately one person in every 50 will develop diabetes.
For scores of nine to 11, approximately one person in every 30 will develop diabetes.
Make a copy of this questionnaire and take it to your doctor to discuss your score and individual risk. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

12 OR MORE: HIGH RISK
If you scored 12 or more you are at high risk of developing type 2 diabetes within five years, or you may have undiagnosed type 2 diabetes. For scores of 12 to 15, approximately one person in every 14 will develop diabetes.
For scores of 16 to 19, one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes. Ask your doctor about having an OGTT.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.

* This is an extract from The CSIRO and Baker IIDI Diabetes Diet and Lifestyle Plan by the CSIRO and Baker IIDI (Penguin, $35).