



1st November 2004

nairn's oat cakes – the ideal Holford Diet food

"The secret to successful dieting is to keep blood sugar even and the single best carbohydrate food is oats," says top nutritionist Patrick Holford. "For example, having wheat-free oat cakes is four times better than bread for balancing blood sugar levels. Keeping your blood sugar evenly balanced not only determines your weight, it is also key for high energy, stable mood, concentration and longevity."

Patrick Holford is the founder of the Optimum Nutrition Institute, and the author of forthcoming book "The Holford Diet" which is based on balancing blood sugar levels by controlling the GL (Glycaemic Load) of your diet. GL is the quality measure of what particular carbohydrates do to your blood sugar. The lower the GL of a food the better they are for losing weight, gaining energy and feeling good. The Glycaemic Index (GI) is a rating of certain foods depending on their effects on blood sugar levels.

"Carbohydrate foods that keep your blood sugar level even give you balanced, consistent energy and concentration. Oats are the best grain, and berries, plums and cherries the best fruit. Brown basmati rice, quinoa, lentils and beans are also excellent. When a carbohydrate is eaten with protein the net effect is even more energy sustaining. So, oat cakes with hummus, or scrambled eggs on oat cakes, or a bean curry with brown basmati rice would all be excellent choices. Starting your day with a croissant, or a sugared cereal, or white toast and jam, plus a coffee will drain your energy. Both the food and the caffeinated drink cause a short-term boost to your blood sugar level, and a crashing blood sugar low a few hours later, leaving your feeling exhausted." Patrick Holford.

"The low GI of **nairn's** oatcakes at 55 and their good GL factor make them an ideal food for following the Holford Diet and losing weight," says Patrick Holford.

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GL of nairn's Oat Cakes Compared with Other Foods					
Key: Good = GL of 10 or less; OK = GL of 11-14; and bad = GL of 15 or more					
Item	Serving size in g	GLs per serving	10GLs	5GLs	5 GLs in g
nairn's oat cakes	21.2g	5	4 oat cakes	2 oat cakes	10.6g
Cream cracker	25g	11	2 biscuits	1 biscuit	11g
Rye crispbread	25g	11	2 biscuits	1 biscuit	11g
Water cracker	25g	17	2 biscuits	1 biscuit	7g
Rice cakes	25g	17	2 biscuits	1 biscuit	7g
White wheat flour bread	30g	10	1 slice	½ slice	15g
Baguette, white, plain	30g	15	1/20 baton	1/40 baton	10g
Corn flake cereal	30g	21	½ serving	¼ serving	7g
Wheat biscuit cereal	30g	13	2 biscuits	1 biscuit	12g
Wheat (shredded) biscuit cereal	30g	15	1 biscuit	1/3 serving	10g

nairn's nutritious oat cakes help with weight management by sustaining your energy and keeping you feeling fuller for longer which can mean you find you need to eat less. It's the high proportion of soluble fibre in the oats that gives the fuller for longer feeling and stabilizes blood sugar levels which is ideal for dieters, and of key importance to diabetics.

And if you're always on the go, the slow energy release properties of **nairn's** oat cakes will keep you going longer and help give you the boost needed to cram the most into a hectic day.

Made mainly with oats and other natural ingredients, **nairn's** tasty oat cakes are baked until crisp and invitingly brown around the edges using a simple recipe that is wheat-free, high in fibre, GM-free and has no added sugar and is an excellent energy sustaining source of nutrition and vitamins.

They're a convenient and naturally tasty way of enjoying the goodness of oats. Eat them straight from the pack or try these good GL suggestions from Patrick Holford's "The Holford Diet Book" and his 100% Health Newsletter:

Breakfast: Boiled, scrambled or poached egg with two oat cakes

Lunch: Apple and Tuna Salad with three oat cakes
 Beany Vegetable Soup with two oat cakes
 Flageolet Bean Dip with vegetable crudités and three oat cakes
 Chestnut and Butterbean Soup with two oat cakes



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Hummus with vegetable crudités and four oat cakes
Blueberry and Cottage Cheese Salad with three oat cakes
Lentil and Lemon Soup with three oat cakes

Daytime/evening snack: Two oat cakes with hummus, or peanut butter

Choose from Rough, Fine Milled, Cheese, Organic or Mini varieties, available from supermarkets, independent grocers and health food shops, priced from 83p.

ENDS

Notes to editors:

1. **nairn's** is the no 1 oat cake producer in the UK and has been making oat cakes in Scotland for over 100 years.
2. **nairn's** oat cakes are made from best quality oats grown by Scottish Border Farmers to Conservation Grade standards, using traditional farming methods and reducing the need for unnatural supplements.
3. **nairn's** oat cakes are suitable for vegans and vegetarians.
4. **nairn's** website address is: www.nairns-oatcakes.com
5. **nairn's** oat cakes were award winners in the 2004 Great Taste Awards.

DIGITAL IMAGES (jpeg 300 dpi) AND SAMPLES AVAILABLE ON REQUEST

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