

## **Low Glycaemic Index TOASTIE**

The majority of people with epilepsy are well controlled with medications (2 out of 3 people) but having a healthy diet is still important for your seizure control. Eating regularly and including a wide variety of foods make sure you are getting all the nutrients you need. By choosing more moderate portions of carbohydrates and teaming these up with a source of protein and some fats or oils we can help to slow down the release of glucose into the bloodstream. This is readily described as lowering the glycaemic load (Lower GL) and may provide us with better blood sugar and weight control, improved blood lipid profiles and more sustained energy levels.

### **Ingredients**

2 slices Low GI Bread

Some examples of low GI bread include e.g. Burgen Soya & Linseed, *Rye bread*, *Seeded bread*, *Whole grain*, *Sourdough*, McCambridges Low GI bread, Hovis Seeds Sensation.

### **Filling Ideas**

- Tuna and sweetcorn melt
- Ham cheese and onion
- Hummus with layers of roasted peppers, red onion, and cucumber.
- Avocado, tomato and cheese