



Hi <<First Name>>,

In this issue of our newsletter we tell you about:

- healthy biscuits that you don't need to make at home
- how to 'green' up your kitchen
- our super popular virtual supermarket tour
- a green monster drink recipe
- how to get enough vitamin D (now also important for COVID!)
- a valuable new book that may just help extend your life and health.

So, read on...

Skinnybiks: The Healthy Biscuit

Attention all biscuit lovers! This is not a drill. Repeat, this is not a drill. A healthy biscuit DOES actually exist. Skinnybiks may just be the biscuit you have been longing for – something to satisfy that sweet tooth, while also helping your waistline and keeping your blood sugar under control. Too good to be true? Read on to learn more...

What are Skinnybiks?

Skinnybiks are a healthy biscuit range created by our friend and colleague, clinical dietitian A/Prof. Antigone Kouris. They come in 3 flavours – Cranberry & Coconut, Cocoa & Dark Choc Chip and Date & Butterscotch. The inspiration for these biscuits came from working with patients who were looking for healthier, reduced sugar, high fibre, gluten free or low fodmap snacks. These biscuits have been formulated to contain wholesome ingredients and are free of artificial colours, preservatives, sugar alcohol sweeteners and trans fats.

The Skinnybik range was developed in 2010, and then reformulated and relaunched in August 2020. Now they are even healthier with flavours and ingredients inspired by the Mediterranean diet.



Why are they healthier than common biscuits?

The new range contains more lupin (a type of legume) and wholefood ingredients. The Skinnybik biscuits now contain

- more plant protein
- more fibre
- less sugar (<1g per biscuit from dried fruit)
- less calories (<50 calories/biscuit)
- have a 5 health star rating!

Our colleague Antigone says “they are good enough to eat for breakfast”.

What’s the magic ingredient?

The health benefits appear to be mainly related to the inclusion of one particular ingredient – lupin flour.

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What is lupin?

Here is Antigone’s definition:

“Lupins are “beans” and belong to the legume family along with lentils, chickpeas, kidney beans etc. However, they are nutritionally superior to other legumes (being much higher in plant protein, fibre, nutrients and much lower in carbs) and have some super health benefits. Lupins have been around for thousands of years in Europe and North America and have been an important component of the Mediterranean diet (eaten as a whole bean snack or milled into flour for use in baked goods). Preliminary studies have shown that lupins may help regulate blood sugars, lower cholesterol, blood pressure, reduce hunger and improve the gut microbiome.”

The evidence

Antigone's latest research study published in the journal *Nutrients* in March 2020 highlights just how healthy these biscuits are compared to the average sweet biscuit. This study investigated the effect of lupin biscuits (Skinnybiks) as a mid-meal snack (morning tea and afternoon tea) compared to spelt and standard (plain sweet e.g. Marie) biscuits on blood sugar levels, appetite and bowel motions in patients with type 2 diabetes who were in hospital.

Although the effects were not immediate, after consuming the lupin biscuit, blood sugar levels were significantly reduced 90 mins following dinner, indicating a potential "second meal effect" (ask your dietitian what this means). Patients also reported reduced hunger on the day of consuming the lupin biscuits.

Antigone reports that even she did not expect that just four lupin Skinnybik biscuits - two at morning tea and two at afternoon tea (containing a total of one tablespoon of lupin flour) - could have such a significant impact.

These results show potential promise for assisting with weight loss and blood sugar control, as well as potentially contributing to reduced length of stay in hospital. However further research is needed and other legume flours also need to be tested. Antigone shared with us that there are plans to do such a study next year.

Where do I buy them?

For the present, you can get your packet of Skinnybiks online from <http://www.Skinnybik.com>, <http://www.DiabetesKitchen.com.au> or <http://www.BNMulti.com.au>.

Special Thanks

A special thanks to A/Prof. Antigone Kouris for providing her time to be interviewed for this article. We are so excited about the research she is doing and eagerly await what is yet to come.