

Eating for Sustained Energy 4: Gabi Steenkamp and Liesbet Delport

Gabi Steenkamp and Liesbet Delport, both registered dietitians, have recently released *Eating for Sustained Energy 4*, published by Tafelberg.

Gabi Steenkamp has been in private practice for over 30 years, specialising in the nutritional management of diabetes and colon dysfunction. Gabi is at present the voluntary consulting dietician for the Diabetes Association of South Africa (Diabetes SA).

She has presented many lectures and workshops on various nutrition-related topics, and has also published articles in many journals and magazines. Her involvement in the food industry as a nutrition and food-labelling consultant gives her a unique insight into South African foods and food products. She has written eight books together with several other dietitians.

Liesbet Delport is a founder member of the Glycaemic Index Foundation of South Africa (GIFSA) and a partner in a successful private practice in Nelspruit. She has co-authored seven nutrition-related books and has written articles on various aspects of nutrition for magazines and scientific journals.

Eating for Sustained Energy 4 is the fourth in a series of low-GI and low-fat recipe books for the whole family. It is filled with modern and traditional everyday and party fare that is

quick and easy to prepare as well as being full of good nutrition. It was written in response to a genuine need among Gabi and Liesbet's patients for a practical, easy way to use slow-release (low-GI) carbohydrates in everyday meals.

The glycaemic index (GI) is a physiological measure of how a carbohydrate food affects blood glucose levels. It is a solid nutritional tool that works best to regulate blood glucose levels, resulting in sustained energy all day long. The more Liesbet and Gabi applied it, the more they realised its beneficial impact in their patients' lives.

Not only does using the GI markedly improve blood glucose control in those with diabetes, it also curtails hunger in slimmers, combats fatigue, helps children with concentration problems, enhances sports performance, and combats high blood pressure and longstanding excessive weight. In short, everybody should know how to use the GI as a means of attaining optimum health, which can lead to an energetic lifestyle.

To win a copy of *Eating for Sustained Energy 4* in English or Afrikaans, e-mail Wendy on wendy.icon@wol.co.za with your name, language preference, speciality and postal address by 1 August 2010.

