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**Syndrome X** is characterised by a cluster of abnormalities that include:

- Obesity (including central obesity)
- Diabetes and abnormal blood glucose control;
- Hypertension
- Raised cholesterol levels
- Coronary Heart Disease

Central to the development of Syndrome X is increased circulating levels of insulin, which ultimately results in Insulin Resistance (IR).

It is well recognised in the scientific literature that a high refined carbohydrate diet which includes lots of white flour products and sugar can stimulate excessive insulin secretion, which can ultimately contribute to glucose intolerance and all of the above risk factors

**Overweight/Obesity** is most often contributed to by overeating and under exercising. Excessive weight (especially central body fat accumulation) can increase the risk of heart disease, high blood pressure, some forms of cancer, diabetes, osteoarthritis and gallstones.

**Diabetes** occurs when there is an excess of sugar in the blood as a result of insulin being absent, insufficient or ineffective. There are 2 types– I and II. Type I usually occurs in childhood and requires insulin injections. Type II usually occurs during adulthood, however with growing incidence of child obesity, Type II Diabetes is increasing in children). It can often be prevented or controlled through healthy eating and regular physical activity. People with diabetes are more prone to cardiovascular disease because of faulty fat metabolism.

**Hypertension** occurs at a reading of greater than 140/80 and increases the risk of stroke, heart failure, and atherosclerosis.

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Chronic **elevated blood cholesterol** is associated with an increased incidence of heart attack and stroke and is usually a result of dietary and lifestyle factors.

**Coronary Heart Disease** causes 1 in 4 deaths in Australia. Major risk factors known to increase heart disease are raised cholesterol levels, cigarette smoking, high blood pressure, obesity, diabetes & lack of exercise.

### **DIETARY SUGGESTIONS**

1. Participate in regular exercise (or physical activity).
  2. Consume high fibre, low fat foods.
  3. Decrease salt intake.
  4. Limit alcohol and cease smoking.
  5. Consume foods with a low Glycaemic Index (GI), such as wholegrain breads & cereals (especially traditional rolled oats), low fat dairy products and certain fruit.
  6. Celery and garlic contain compounds that help reduce blood pressure.
  7. Consume fish at least twice a week. Essential fatty acids such as omega 3 are found in oily fish (eg. sardines, salmon, tuna & herring)
  8. Cook with ginger, garlic and onions.
  9. Increase intake of calcium from low fat dairy foods, almonds and green leafy vegetables.
  10. Anti-oxidant foods, such as fruits and vegetables provide vitamin C, E and beta-carotene, which protect against heart disease.
  11. Chromium assists with insulin function, improving glucose transfer into cells and is found in wholegrain cereals, mushrooms, wheatgerm, fish, potatoes and beef.
  12. Try to attain and maintain ideal weight.
  13. Practise relaxation techniques to reduce stress, such as meditation or yoga.
  14. Decrease refined white carbohydrates such as white flour and white flour based products such as muffins, crumpets, bread and sugar.
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# Syndrome X

## **1. Obesity**

## **2. Diabetes**

## **3. Hypertension**

*(high blood pressure)*

## **4. Hyper Cholesterolaemia**

*(elevated cholesterol)*



## **Freedom Foods**

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## SYNDROME X PRODUCTS

- ♥ Less than 3% fat, (low saturated fat)
- ◆ Low Salt
- ★ No added sugar
- Low GI
- High Fibre

### Biscuits – 97% Fat Free

- ★♥□ Apricot Temptation (GI - 47)
- ★♥□ Spicy Apple Sensation (GI - 47)
- ★♥□ Blueberry Bliss (GI - 47)
- ★♥□ Sticky Date (GI - 47)
- ★♥□ Zesty Ginger (GI - 47)

### Fruit spreads

Gluten Free, Wheat Free

- ★♥◆ Apricot (GI - 29)
- ★♥◆ Raspberry (GI - 26)
- ★♥◆ Strawberry (GI - 29)
- ★♥◆ Marmalade (GI - 27)

### Sauces

Gluten Free, Wheat Free

- ★♥◆ Tomato Pasta Sauce

### Beverages

Organic grape juices

- ★♥◆ Black Muscatel
- ★♥◆ Shiraz
- ★♥◆ White Muscatel

### Spreads

Gluten Free, Wheat Free

- ♥ Vege Spread (gluten free/yeast free)
- ★ Soy Butter

### Snacks

Gluten Free, Wheat Free

- ♥★◆ Baked Corn Chips – Plain Crackers

### Confectionery

Gluten Free, Wheat Free

Fruit strips enriched with a vitamin & mineral blend

- ★♥◆ Apple & Apricot (GI - 29)
- ★♥◆ Pear & Peach (GI - 29)
- ★♥◆ Plum & Apple (GI - 29)

### Slices/Bars

Gluten Free, Wheat Free Slices:

- ★♥□ Strawberry Multipack – **Medium GI (58)**
- Choc Chip Multipack

□■◆Omega Bar, gluten free (GI - 21)

Nutritious Snack Bars

Gluten Free, Wheat Free, Low Carb, High Fibre

- ◆□ Yoghurt Coated Almond & Apricot
- ◆□ Almond & Apricot
- ◆□ Macadamia & Pineapple
- ◆□ Simply Nuts

### Breakfast Bar

- ★♥◆□ Hi-Lite Breakfast Bar (GI - 53)
- ◆■◆★ Gluten Free Breakfast Bar (GI - 50)
- ★◆□ Super Berry Breakfast Bar, only 4% fat - **Medium GI (57)**

### Breakfast Cereals

- ◆■★♥□ Hi-Lite enriched with vitamin C, iron & folate (GI - 54)
- ◆★♥□ Rice Flakes with Psyllium, gluten free
- ◆♥□ Rice Puffs with Psyllium, gluten free
- ◆♥□ Corn Flakes with Psyllium, gluten free
- ★♥ Ultra Rice with Psyllium, gluten free
- ◆■★□ Yeast Free / Wheat free Muesli (GI - 44)
- ◆■★□ Gluten Free / Wheat Free Muesli (GI - 50)
- ◆■★ Porridge - *Quick Oats*, contamination free (GI - 50)

### Pastas

Gluten-free, Wheat-free

Enriched with a vitamin & mineral blend & added fibre

- ◆■★♥□ Enriched Rice (GI - 51)
- ◆■★♥□ Enriched Spaghetti (GI - 51)

### Bakery

Gluten free, Wheat free

- ★♥◆ All-Purpose Flour
- ♥□ Pancake Shake – **Medium GI (61)**
- Corn Fritter (GI - 34)

### Cookbook (RRR \$24.95)

#### Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

**Avoid any of these Freedom Food Products if a known allergy exists.**

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.  
Low ≤ GI55  
Medium GI = 56-69  
High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation easy. Visit Freedom Foods website [www.freedomfoods.com.au](http://www.freedomfoods.com.au) or free-call 1800646231 for further information