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The search is on for the world's best Low GI snack.

Australian music group, BROTHER, has announced the latest in its Pricks & Pumps competition series - part of the band's diabetes awareness and community program.

"With our full-on touring schedule one of the things people want to know is how I maintain my blood sugar levels", says BROTHER front-man, Hamish Richardson, has had diabetes since he was 11. "And while perfection still eludes me, one of the things I do is to always carry some kind of snack to get me through a good few hours. Slow release energy helps me avoid low sugars and means I can keep going and going. Topping up on low GI, slow release food is much better for you body than instant sugar hits."

With that idea in mind, the band announced a competition to search for the world's best low GI snack.

Entries should include:

1. Cookbook-style instructions and ingredients
2. Photo(s)
3. Short explanation of how you discovered your recipe and why it's so good.
4. Carb count for your snack.

The winner will be announced June 17 and will receive a BROTHER swag (music and goodies) with a street value of \$50. Entries should be emailed to info@BROTHERmusic.com.

"We tour all over the world and I'm constantly blown away by the way young people are dealing with diabetes in their life", says Hamish. "There is a lot of rage, frustration and fear when diabetes hits a family. It can be bloody tough. In Pricks & Pumps, we are creating a kind of online community where young people can share that with each other, be recognized for their talents, get encouragement and inspire each other.

The idea behind Pricks and Pumps: Living with Diabetes, launched in 2004, is ultimately to send the message that diabetes only affects your dreams if you let it."

For more information on BROTHER and Pricks & Pumps: www.BROTHERmusic.com

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