

Fact Sheet - GI

Glycemic Index (GI)

Flavour Creations is committed to a product range that incorporates a broad base of beverages with a low glycemic index. This will ensure a large choice for those individuals seeking these types of products.

GI definition: Sydney University Glycemic Index Research Service (SUGiRS)

“The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Foods with a high GI are those which are rapidly digested and absorbed and result in marked fluctuations in blood sugar levels. Low-GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar and insulin levels, and have proven benefits for health. Low GI diets have been shown to improve both glucose and lipid levels in people with diabetes (type 1 and type 2). They have benefits for weight control because they help control appetite and delay hunger. Low GI diets also reduce insulin levels and insulin resistance (1).”

High GI:	70 or more
Medium GI:	56 to 69 inclusive
Low GI:	55 or less

In general, dairy-based products and most fruit juices tend to have lower GI responses than other beverages. The GI level of commercially available, SUGiRS tested, **non-thickened** fruit juices and milk drinks is listed below.

Product	Tested GI
Apple juice, pure, unsweetened, reconstituted	39
Orange juice, unsweetened, reconstituted	53
Chocolate, milk, plain	42
High protein energy drink mix, containing soy protein and whey powder	36

Source: GI Database, www.glycemicindex.com (2)

Thickened beverages

The thicker texture of Flavour Creations' beverages would act to delay gastric emptying and therefore help to lower the GI of the products. With this information it is quite possible that the **Flavour Creations range would have lower GI responses** than that of non thickened juices and cordials.

The following products are too low in carbohydrate and would therefore not be eligible for GI testing.

- Diet Raspberry Cordial drink (all viscosities)
- Diet Lemon Cordial drink (all viscosities)
- White Tea (all viscosities)
- Water (all viscosities)

References

1. About Glycemic Index 2005, 'The Glycemic Index', The University of Sydney, Sydney, viewed 3 August 2005, <<http://www.glycemicindex.com>>.
GI Database 2005, 'The Glycemic Index', The University of Sydney, Sydney, viewed 3 August 2005, <<http://www.glycemicindex.com>>.