



Glycemic Index Foundation

Policy

Glycemic index testing: Low GI declaration on foods and beverages

- 1) Foods and beverages must be tested and determined to be low GI (≤ 55.5) in accordance with ISO 26642:2010 (www.iso.org/iso/catalogue_detail.htm?csnumber=43633) at a Glycemic Index Foundation Accredited Laboratory.
- 2) The Glycemic Index Foundation (GIF) requires companies to measure available carbohydrate directly, not “carbohydrate by difference”. Suitable methods are listed in Table 1.
- 3) If the GI test result for a food or beverage is between 50 - 55.5 on the glucose scale, GIF requires re-testing every 2 years.
- 4) For labelling purposes, the most recently tested GI value is preferred. However, pooling of all test data from the same food or beverage, with the same formulation and processing procedure is permitted to obtain an average GI value. Data from reformulated products, where the primary source(s) of carbohydrate have been substituted, or different cultivars utilised, must not be included. If the macronutrient composition (% (g/100g) fat, protein, carbohydrate, fibre) has changed by more than 1.5% point, the product is considered to have been reformulated.
- 5) If the product has been re-tested over an extended time period (~10 years), pooling of data is permitted if the testing methodology has not changed appreciably during that time frame.
- 6) Pooled data sets must include previous outliers. Any resulting new outliers (>2 standard deviations above or below the mean) should be identified and excluded from the final average value.
- 7) If a pooled result is 55.5, GIF, at its discretion, may require GI testing in an additional 5 people.
- 8) A company must provide any required information, co-operation and assistance to enable GIF to satisfy itself that the product will remain low GI at the time of supply to the end consumer.

Table 1: AOAC methods for measuring available carbohydrate

FOOD	MEASURED CARBOHYDRATE	AOAC CODE
....In General	trace glucose and fructose total reducing sugars arabinose, galactose, xylose, other sugar	2000.17-2003 945.66-1945 950.57-1950
Animal Feed	starch sugars	920.40-1920 974.06-1975
Baking Powders	starch	920.44-1920
Beer	carbohydrate sugars (reducing)	979.06-1980 920.51-192
Beet	sucrose	942.20-1942
Bread	sugars	975.14-1975
Brewing Sugars	starch sugars (total reducing)	945.25-1945 945.29-1945
Cacao Products	starch starch sucrose glucose glucose	920.83-1974 920.84-1920(1996) 920.82-1920 936.06-1936(1996) 938.18-1938
Canned Vegetables	sugars	925.52-1925
Cereal And Food Products Not Containing Resistant Starch, D-Glucose And/Or Maltodextrins	starch	996.11
Cereal And Food Products To Samples Containing More Than 2% W/W RS	non-resistant and resistant starch	2002.02 – 2005
Coffee Roasted Roasted Soluble (Instant)	starch sugars carbohydrates	920.101-1920 925.15-1925 995.13-1995(2000)
Confectionery	starch	925.50-1925
Flour	sugars (reducing and non-reducing) starch	939.03-1939 945.37-1945
Food Dressings	starch	950.55-1950
Frozen Concentrated Orange Juice	sugar-beet-derived syrups	992.09-1997
Fruit Juice	beet sugars	995.17-1998

Fruit Juices	carbohydrates	971.18-1980
Fruits & Fruit Products	starch reducing sugars sucrose glucose (commercial) carbohydrates	925.38-1925 925.36-1925 925.35-1925 925.37-1925 971.18-1980
Honey	fructose, glucose, sucrose sugars (reducing) sucrose	977.20 920.183 920.184
Licorice Extracts	sugars	984.17-1992
Maple Syrup	corn syrup and cane sugar beet or cane sugar sugars (reducing) as invert	984.23-1988 2000.19-2000 920.190-1920
Meat	starchy flour starch	935.49-1935 958.06-1960
Milk	lactose	896.01-1896
Molasses (Cane And Beet)	total sugars invert sugar sugars	968.28,1969(2000) 970.58-1970(2000) 996.04-2003
Mustard	starch	940.30-1940(1996)
Nonalcoholic Beverages	sucrose saccharin	950.29-1950 934.04-1934
Nuts & Nut Productst	reducing sugars	950.50-1950
Peanut Butter	starch	954.08-1954(1996)
Plants	sugars reducing sugars starch	931.02-1931 906.01-1906 948.02-1962
Presweetened Cereals	glucose, fructose, sucrose, maltose	982.14-1983
Spices	starch	920.168-1920
Sugars And Syrups	invert sugar invert sugar invert sugar invert sugar	906.03-1906 945.60-1945 955.36-1955 923.09-1923

	sucrose	925.46-1925(1970)
	sucrose	896.02-1970
	sucrose and raffinose	926.14-1970
	glucose	935.62-1935
	glucose	959.11-1960
	fructose	932.15-1932
	fructose	935.63-1935
	maltose	935.64-1935
	lactose	935.65-1935
Wine	glucose	920.66-1920