GLYCEMIC INDEX FOUNDATION
Recipe Endorsement Guidelines

GI Foundation Recipe Endorsement Guidelines

Vision

The Recipe endorsement program is an essential part of Glycemic Index Foundation's (GIF) communications activity and overall vision to make healthier low GI choices easy.

The program supports the overall goal of GIF in providing consumers with information and tools to improve their health and diabetes management through scientifically-backed low GI healthy eating principles. Consumers can easily identify low GI recipes and know that they can trust that the recipe is a healthier choice.

Recipe endorsement criteria:

Main meal nutrient criteria

Scoping

- ✓ Nutrition composition data were obtained from pre-prepared meals sold throughout Australia and New Zealand via websites, direct email to company support services, and survey of supermarket shelves.
- ✓ Nutrition composition data for recipes were calculated using FoodWorks 7 and a custom built GI database, using recipes from on-line resources.
- ✓ All data for pre-prepared meals and recipes for main meals were combined into one Excel spreadsheet.
- ✓ The mean, and range of each nutrient included in the standard nutrition information panel were calculated using SPSS18 on a per serve basis.
- ✓ Serve size was determined by the manufacturer or designer of the recipe.

Nutrient profiling

- ✓ Energy requirements were calculated based on the average Australian adults intake of 8,700 kJ, divided by 3 (meals).
- ✓ Carbohydrate intake was based on IOM (2002) guidelines of 45% - 65 % of total energy.
- ✓ Minimum protein intake was based on FSANZ Standard 1.2.7 requirement for making a good source claim.
- ✓ Fat intake was based on FAO/WHO (2008) guidelines of ≤35% of total energy.
- ✓ Saturated fat intake was based on the ratio of saturated:unsaturated fats of 1:2.
- ✓ Dietary fibre intake was based on FSANZ CoPoNC definition for high fibre.
- ✓ Sodium intake was based on the Heart Foundations Tick criterion for main meals.
- ✓ These were then combined into a single profiling model, and this was tested against the food database.

Comparison with other guidelines

The nutrient criteria were compared with Australian Dietary Guideline recommendations, Nutrient Reference Values, Food Standards Australia and New Zealand's Food Standards Code, Heart Foundation and Diabetes NSW & ACT/ Diabetes Australia recommendations.

Criteria for pre-prepared meals (frozen, canned or fresh) or recipes for main meals

eg. Pasta dishes, casseroles with rice/potato, curry and rice, stir-fry meals and rice, TV dinners, etc...

Energy	2,900 kJ per serve, or less
Carbohydrate	60 g per serve, or less, or glycemic load 30 g/% per serve, or less
Protein	10 g per serve, or more
Fat	28 g per serve, or less
Saturated Fat	9 g per serve, or less, or a saturated:unsaturated fat ratio of 1:2
Dietary Fibre	3 g per serve, or more
Sodium	900 mg per serve, or less

Soups

Energy	1,700 kJ per serve, or less
Carbohydrate	45 g per serve, or less, or glycemic load 25 g/% per serve, or less
Fat	Saturated:unsaturated fat ratio of 1:2, or less
Dietary Fibre	3 g per serve, or more
Sodium	900 mg per serve, or less, **or a sodium: potassium ratio of 1 : 1**, or less

Salads (potato, bean or pasta-based)

Energy	1,700 kJ per serve, or less
Carbohydrate	45 g per serve, or less, or glycemic load 25 g/% per serve, or less
Fat	Saturated:unsaturated fat ratio of 1:2, or less
Dietary Fibre	3 g per serve, or more
Sodium	320 mg per serve, or less, **or a sodium: potassium ratio of 1 : 1**, or less

Desserts (cakes, muffins, puddings, etc.)

Energy	750 kJ per serve, or less
Carbohydrate	35 g per serve, or less, or glycemic load 25 g/% per serve, or less
Fat	Saturated:unsaturated fat ratio of 1:2, or less
Dietary Fibre	1.5 g per serve, or more
Sodium	260 mg per serve, or less, **or a sodium: potassium ratio of 1 : 1**, or less

Bakery Products

Includes cakes, muffins, slices, fruit pies, pikelets, pancakes, crumpets, waffles, hotcakes, breakfast cereal bars and fruit-filled bars, and sweet biscuits (fresh, frozen or made from packet mix).

Energy	≤ 1500 kJ per 100 g or ≤ 750 kJ per serve.
Fat	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
Carbohydrate	35 g per serve or less
Dietary fibre	3 g/100 g or more
Sodium	400 mg/100 g or less

Grain Based Bars

Energy	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
Saturated fat	No more than 40 % of total fat content
Carbohydrate	35 g per serve or less
Dietary fibre	3 g/100g or more
Sodium	300 mg/100 g or less

Other Criteria considerations

To be eligible to use the low GI recipe logo the recipe needs to meet the above criteria and fall within the following parameters.

- ✓ GI < 45 (+-10%) for a main meal
- ✓ GL between 26-30 for a main meal
- ✓ A 10% variance is allowed on all elements of the nutrient criteria e.g. protein

Recipe Logo Style Guide

Recipe usage

The GI recipe logo is designed to be used as part of the Glycemic Index Foundation (GIF) endorsement program. It can be used on recipes that have been approved by GIF based on meeting the recipe guidelines and nutritional criteria.

The Low GI recipe logo must be accompanied by and appear near the nutritional analysis information for the approved recipe.

Pre-approval of all artwork is required.

Publication usage

The GI recipe logo must be used correctly at all times. The logo should be featured clearly, colour and spacing requirements should be followed carefully. The CMYK version of the logo should be used for offset and digital printing.

Web usage

It is preferable that the coloured GI recipe logo be used and always be clearly legible. The HEX version of the logo should be used for the web.

The legibility of logo should be protected wherever possible. To ensure this, the height of the logo should never be smaller than 100 pixels.

Packaging usage

When placed on-pack, the GI recipe logo must always appear near the approved recipe title with the clear-space allowances made.

The logo must be prominent and not competing with any other placed logos on the pack.

It must never be smaller than 12mm in diameter.

The recipe logo may only be used on the packaging of products licensed to display the GI Symbol.

Optional copy
-       The GI is a ranking of carbohydrates according to their effect on blood glucose levels.

-       The Low GI recipe logo ensures the recipe is a healthy choice.

Recipe logo colour breakdown

CMYK:

Dark Green: 86%C 26%M 100%Y 15%K
Light Green: 69%C 0%M 100%Y 0%K
Blue: 100%C 78%M 0%Y 19%K

RGB

Dark Green: R:63 G:174 B:42
Light Green: R:0 G:121 B:52
Blue: R:0 G:47 B:135

Spot

Dark Green: PMS 356
Light Green: PMS 361
Blue: PMS 287

HEX (Web Safe)

Dark Green: HEX #3FAE2A
Light Green: HEX #007934
Blue: HEX #002F87