



## 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 ( $\leq 55.5$ ) in accordance with ISO 26642:2010 ([www.iso.org/iso/catalogue\\_detail.htm?csnumber=43633](http://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 55 - 59.5 on the glucose scale following initial test of  $GI \leq 55.5$ , 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**

<b>FOOD</b>	<b>MEASURED CARBOHYDRATE</b>	<b>AOAC CODE</b>
<b>....In General</b>	Trace glucose and fructose Total reducing sugars  arabinose, galactose, xylose, other sugar	2000.17-2003 945.66-1945 945.29 950.57-1950
<b>Animal Feed</b>	starch sugars	920.40-1920 974.06-1975 2014.10
<b>Baking Powders</b>	starch	920.44-1920
<b>Beer</b>	carbohydrate sugars(reducing)	979.06-1980 920.51-192
<b>Beet</b>	sucrose	942.20-1942
<b>Bread</b>	sugars	975.14-1975
<b>Brewing Sugars</b>	starch sugars (total reducing)	945.25-1945 945.29-1945
<b>Cacao Products</b>	starch starch sucrose glucose glucose	920.83-1974 920.84-1920(1996) 920.82-1920 936.06-1936(1996) 938.18-1938 938.02
<b>Canned Vegetables</b>	sugars	925.52-1925
<b>Cereal And Food Products Not Containing Resistant Starch, D-Glucose And/Or Maltodextrins</b>	starch	996.11 2020.07
<b>Cereal And Food Products To Samples Containing More Than 2%W/W RS</b>	non-resistant and resistant starch	2002.02–2005 2020.07

<b>Coffee</b> Roasted Roasted Soluble(Instant)	starch sugars carbohydrates	920.101-1920 925.15-1925 995.13-1995(2000)
<b>Confectionery</b>	starch	925.50-1925
<b>Flour</b>	sugars (reducing and non-reducing) starch	939.03-1939 945.37-1945 935.49
<b>Food Dressings</b>	starch	950.55-1950
<b>Frozen Concentrated Orange Juice</b>	sugar-beet-derived syrups	992.09-1997
<b>Fruit Juice</b>	Beet sugars	995.17-1998

<b>Fruit Juices</b>	carbohydrates	971.18-1980
<b>Fruits &amp; Fruit Products</b>	starch reducing sugars sucrose glucose (commercial) starch	925.38-1925 925.36-1925 925.35-1925 925.37-1925 2020.07
<b>Honey</b>	fructose, glucose, sucrose sugars (reducing) sucrose	977.20 920.183 920.184
<b>Licorice Extracts</b>	sugars	984.17-1992
<b>Maple Syrup</b>	Corn syrup and cane sugar Beet or cane sugar	984.23-1988 2000.19-2000
<b>Meat</b>	Starchy flour starch	935.49-1935 958.06-1960 935.49
<b>Milk</b>	lactose	896.01-1896 930.28

		975.19 984.15 2006.06
<b>Molasses (Cane And Beet)</b>	Total sugars sugars	968.28,1969(2000) 1970(2000) 996.04-2003
<b>Mustard</b>	starch	940.30-1940(1996)
<b>Non alcoholic Beverages</b>	sucrose saccharin	950.29-1950 934.04-1934
<b>Nuts &amp; Nut Product</b>	Reducing sugars	950.50-1950
<b>Peanut Butter</b>	starch	954.08-1954(1996)
<b>Plants</b>	sugars reducing sugars  starch	931.02-1931 906.01-1906 921.03 948.02-1962
<b>Presweetened Cereals</b>	glucose, fructose, sucrose, maltose	982.14-1983
<b>Spices</b>	starch	920.168-1920
<b>Sugars And Syrups</b>	Invert sugar  Invert sugar  Invert sugar Invert sugar	906.03-1906 929.09 945.59 945.60-1945 950.56 955.36-1955 923.09-1923

	sucrose sucrose sucrose and raffinose  glucose glucose fructose fructose maltose lactose	925.46 925.47 925.48 930.36 1925(1970) 926.13 896.02-1970 926.14-1970 935.62-1935 959.11-1960 932.15-1932 935.63-1935 935.64-1935 935.65-1935
<b>Wine</b>	glucose	920.66-1920 985.09