

## What is the Glycaemic Index (GI)?

### Can Beet Fiber contribute?



Carbohydrates are essential to our diets, but not all carbohydrate foods are equal. The Glycaemic Index (GI) is a relative ranking of carbohydrates in foods according to how they affect blood glucose levels. Carbohydrates with a low GI value (55 or less) are more slowly digested, absorbed and metabolised and cause a lower and slower rise in blood glucose and insulin levels.

#### GI classifications

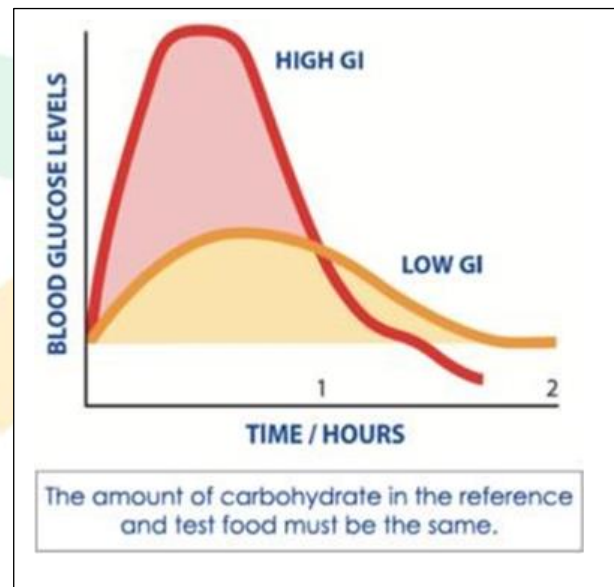
##### Individual food portion

<b>Low:</b>	55 or less
<b>Moderate:</b>	56 – 69
<b>High:</b>	70+

There is a need to define the difference between a low GI diet and meal, and a low GI food. Because a low GI food is defined as 55 or less, everyone has reasonably assumed that a whole diet that averages 55 or less is a low GI diet. In fact, the average Australian and American diets already have a GI of around 55–60 because of the fruits and dairy foods they eat, which are naturally low GI. So, to reduce the risk of chronic disease, we believe we need to aim lower and suggest that 45 is a better cut-off point for a low GI diet.

So, the **whole-day classifications** are:

<b>Low:</b>	45 or less
<b>Moderate:</b>	46 – 59
<b>High:</b>	60+



#### Why GI 45?

It is known from numerous observational cohort studies around the world that the daily average GI of the diet of people in the lowest quintile (20% of the population) is about 40–50. Similarly, in a meta-analysis in Diabetes Care of 15 experimental studies investigating the role of low GI diets in managing diabetes, the daily average GI was 45. Since this average GI has been proven to have significant health benefits in people with existing diabetes and in reducing the risk of chronic diseases like heart disease and diabetes, and importantly, can be and is achieved by people in real life, we believe a GI of 45 or less is what we all should aim for. Reference: *Glycaemic Index Foundation*

## APPLICATION DATA SHEET

### **Can Sugar Beet Fiber contribute?**

Sugar beet fiber and its active part, beet pectin, have been shown in various clinical studies to reduce post-prandial blood glucose and glycaemic response. That helps to give a flatter GI curve.

See the study: Sugar beet fiber in formula diet reduces post-prandial blood glucose, serum insulin and serum hydroxyproline/ European Journal of Clinical Nutrition (1998) 52, 155-156.

Pectin has an official health claim from EFSA/EU:

*"Consumption of pectin contributes to reducing the blood glucose rise after meals". The Panel considers that, to bear the claim, at least 10 g of pectin per meal should be consumed. The target population is adults willing to reduce their post-prandial glycaemic responses.*

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