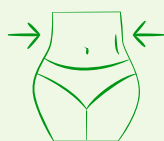




Quality Carbohydrates and Health Report

A low GI diet is key to reducing weight gain and chronic disease risk according to a new report that compiles more than 20 years of published scientific evidence on the glycemic index.

KEY FINDINGS



Weight Management

A low GI diet can help you lose weight and keep it off. The report found that:

- ✓ A low GI diet resulted in **modest but significant reductions in body weight, BMI and cholesterol.**
- ✓ People with overweight or obese lost more weight and had **more fat profile improvements on a low GI diet vs a control diet.**
- ✓ A low GI diet can **prevent weight regain** of half a kilo per year after weight loss. This dietary pattern is easier for people to adhere to long-term.



Polycystic Ovarian Syndrome

A low GI diet can help improve symptoms of PCOS, the most common condition of women in childbearing age in Australia.

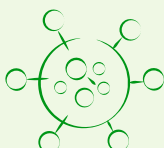
- ✓ A low GI diet can **help improve insulin levels.**
- ✓ A low GI diet can **address body weight**, even a small amount of weight loss can improve PCOS symptoms.



Cardiovascular Disease

A low GI diet can reduce the risk of cardiovascular disease, Australia's leading cause of death. The report found that:

- ✓ A high GI diet is associated with **increased risk of a major cardiovascular event** as well as an increased risk of death from any cause.
- ✓ A high GI diet is likely **causal of heart disease.**
- ✓ A low GI diet can help **lower cholesterol levels.**



Cancer

There is emerging evidence that a low GI diet is linked to a reduced risk of certain cancers.

- ✓ A high GI diet was found to be positively associated with the **risk of prostate cancer.**
- ✓ A high GI diet was associated with an **increased incidence of colorectal, and possibly bladder and kidney cancers.**
- ✓ Women that consume a **high GI diet**, compared with women that consumed a low GI diet had a **5-6% increase in breast cancer risk.**



Diabetes

A low GI diet can prevent and manage Type 2 diabetes, gestational diabetes and pre-diabetes. The report found that:

- ✓ A low GI diet can **reduce the risk of Type 2 diabetes by up to 90%.**
For every 5 GI points, the risk of developing diabetes **increased 8%.**
- ✓ A low GI diet helps people with diabetes **reduce their HbA1c by 0.5% points, decreasing the risk of common diabetic complications by 20%.**
- ✓ The highest GI and GL diets had an **increased risk of developing gestational diabetes**, compared to those with the lowest GI and GL diets.

What is a low GI diet?

A low GI diet is a scientifically proven way to choose carbohydrates that are better for us. Quality (low GI) carbohydrates are more slowly digested helping to keep blood glucose levels stable, whereas high GI carbohydrates cause blood glucose levels to peak and crash.

There are several factors that influence the GI of a food, including processing, chemical structure, physical structure, fibre content, and the appearance of fat or acid.

Background on the Glycemic Index

Backed by solid scientific evidence, a healthy low GI diet is a sustainable way to improve overall health, at all stages of life.

What is the glycemic index?

The glycemic index (GI) is a physiologically based measure of the effect of carbohydrates on our blood glucose levels (BGL). When carbohydrates are digested, absorbed and metabolised slowly it gives us sustained energy and helps us maintain a healthy weight.

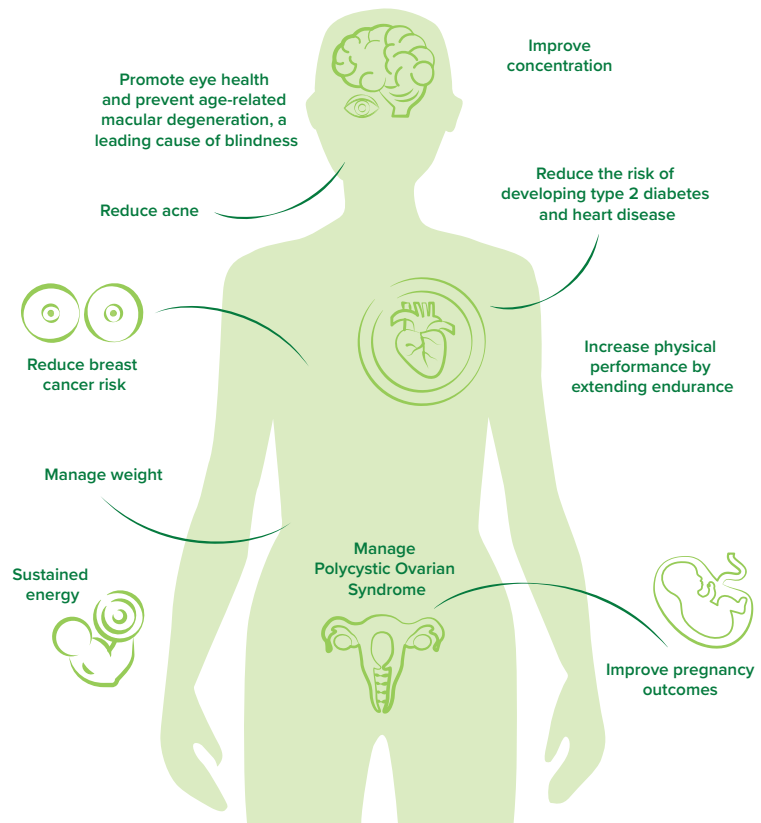
Tested carbohydrate foods are given a score on a scale of 1-100. Foods with a score of 55 and under are low GI.

Following a low GI Diet

A low GI diet is scientifically proven to control fluctuations in blood glucose levels and a delicious way to make smart carbohydrate choices.

Choose quality, low GI carbohydrates over high GI carbohydrates by simply swapping high GI carbohydrates for low GI alternatives.

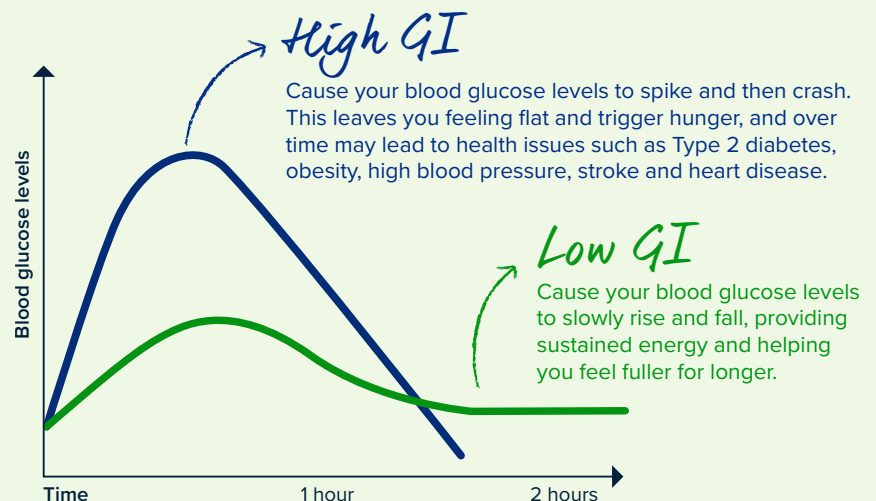
Low GI health benefits



The GI Symbol is a shortcut to choosing healthier, certified low GI products.

Look for GI Symbol certified products.

Products that have been certified with the GI Symbol are a low GI food, and meet a strict nutrient criteria for carbohydrates, kilojoules, fats, sodium and where appropriate fibre and calcium.



The Glycemic Index Foundation

For more than two decades the Glycemic Index Foundation has helped people lead healthier lives by making a low GI lifestyle easy. The Glycemic Index Foundation is an Australian not-for-profit health promotion charity and with support from The University of Sydney and Diabetes NSW & ACT, is the world authority on the glycemic index and its health benefits.

Glycemic Index Foundation. 2022. Quality Carbohydrates and Health Report.

