

To find low GI foods check out www.glycemicindex.com or look for this symbol ...



This is your assurance the food has been Glycemic Index Tested. And this symbol is another Australian first. The University of Sydney, Diabetes Australia and the Juvenile Diabetes Foundation Australia have joined forces to run the GI Symbol Program. This certified symbol on foods is every consumer's assurance that the product is a nutritious food containing food that has been properly GI tested.

All you have to do to benefit from low GI foods is to make sure you include one GI grain food with your meals.