



GLYCEMIC INDEX
making healthy choices easy

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Product Eligibility and Nutrient Criteria

- The nutrient criteria aim to include foods which:
 - contain carbohydrate
 - are not too high in kilojoules
 - are not too high in saturated fat
 - are moderate in sodium and
 - are a source of fibre (where appropriate)

In addition, there are calcium content criteria for some dairy products, or alternatives.

It is important that the GI value is not regarded as the sole determinant of food choice – just as the kilojoule, fat or carbohydrate content should not be.

- The GI symbol program criteria do not include criteria related to the amount of sugars as the GI is a more complete indicator of how foods affect blood glucose levels.
- Nutritional information (e.g. nutrition information panel data) and GI testing data need to be provided to the Glycemic Index Foundation to assess eligibility against the criteria.

Guidelines for Product Acceptability

To be eligible, foods must:

1. Contain at least 7.5g carbohydrate per serve, OR be $\geq 80\%$ carbohydrate AND be traditionally served in multiple units of small serve sizes (eg. nutritive sweeteners) as part of one meal or snack.
2. Have had their GI determined using the International Standards organisation methodology (ISO 26642:2010).
3. Have a nutritional composition that meets the required Nutrient Criteria for the appropriate food category (see below).
4. Meet the requirements of the Glycemic Index Foundations Glycemic Index Testing Policy

Notes:

- 1 'per serve' in this document refers to the manufacturer's stated serving size on product label, or for unpackaged products, to generally accepted serving sizes.
2. As per the Food Standards Australia New Zealand Food Standards Code, allowance will be made for normal variations in the composition of foods.

General Exclusion

High and intermediate GI soft drinks, cordials, confectionery, sugars and syrups.

Nutrient Criteria

1. CEREAL GRAINS AND PRODUCTS

Breads and Crispbreads (including rice/corn cakes)

<i>Fat</i>	≤ 15 g/100g, provided that saturated fat is ≤ 5 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	450 mg/100 g or less
<i>Dietary fibre</i>	3 g/100 g or more

Breakfast Cereals (Including muesli, bran based cereals, clusters, oat based cereals etc)

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g (or up to 15g/100g if the source of saturated fat is grains, seeds or nuts).
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Bran

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Breakfast biscuits

<i>Energy</i>	2,200 kJ per serve, or less
<i>Saturated Fat</i>	No more than 33 % of total fat content
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

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).

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

Muesli bars (grain and cereal based bars e.g. oats, quinoa, nuts, dried fruit)

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

Plain Grains, Flours and Pasta

All acceptable (eg. oats, pasta, noodles, rice, couscous, polenta, wheat, barley, burghul, tapioca, sago, quinoa).

Filled Pasta (e.g. ravioli), Instant/Savoury Noodles, Combined Pasta and Sauce Mixes, savoury and flavoured rice, quinoa or other grains served as an accompaniment to main meals e.g. rice/grain and vegetable mixes, microwave flavoured rice's.

These nutrient limits apply to the cooked products, ready for consumption.

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	60 g per serve, or less
<i>Sodium</i>	350 mg/100 g or less

2. NUTS, LEGUMES AND PRODUCTS

Nuts and seeds

<i>Fat</i>	Partially hydrogenated fat, or trans fat \leq 0.2g/100g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	200 mg/ 100 g or less

Dried legumes

All acceptable.

Canned, Vacuum-packed / Shelf stable e.g. baked beans

<i>Fat</i>	\leq 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	300 mg/100 g or less

Tofu, Tempeh, and TVP (textured vegetable protein) - based Products

<i>Fat</i>	\leq 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	450 mg/ 100 g or less

3. FRESH FRUIT AND FRUIT PRODUCTS

Fresh, Frozen (e.g. frozen fruit dessert), Dried (i.e. apricots, dates, prunes, etc...) or Canned Fruit

All fresh fruits acceptable.

<i>Fat</i>	No added fat, unless used as a processing aid ($<$ 5 g /100 g)
<i>Carbohydrate</i>	35 g per serve, or less

Dried Fruit Bars

For example, dried fruit bars and fruit straps.

<i>Fat</i>	\leq 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	no added sodium
<i>Dietary fibre</i>	3g/100g or more
<i>Energy</i>	\leq 1100 kJ/100g or \leq 500 kJ/serve

Fruit or Vegetable juice

100% fruit juice or 100% fruit/vegetable juice blend (1 serve = 125 mL)

<i>Energy</i>	≤ 375 kJ per serve
<i>Carbohydrate</i>	≤35 g per serve or glycemic load 19 g/% per serve, or less
<i>Sodium</i>	220 mg/100 g or less

Fruit and Nut Mix – combination of dried fruit (typically sultanas, currants or raisins) and nuts

<i>Energy</i>	≤ 870 kJ per serve.
<i>Fat</i>	Partially hydrogenated fat, or trans fat ≤ 0.2g/100g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	200 mg/100 g or less

Trail Mix (Gorp or Scroggin) – combination nuts, seeds and mixed dried fruit

<i>Energy</i>	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
<i>Fat</i>	15 g /100 g or less
<i>Saturated fat</i>	No more than 33% of total fat content
<i>Carbohydrate</i>	35 g per serve, or less
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	300 mg/100 g or less

4. FRESH VEGETABLES AND VEGETABLE PRODUCTS

Fresh, Frozen, or Dried Vegetables

All fresh vegetables acceptable.

<i>Fat</i>	No added fat, unless used as a processing aid (5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g)
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	No added sodium

Canned Vegetables With or Without Sauce

<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	300mg /100 g or less

5. MILK, DAIRY PRODUCTS AND ALTERNATIVES

Milk Fluid and Dried (as reconstituted) and Dairy Drinks (plain and flavoured)

<i>Fat</i>	2 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is \leq 33% of total fat
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	100 mg/100 g or more

Soy and Alternative Beverages

<i>Fat</i>	2 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is \leq 33% of total fat
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	100 mg/100 g or more

Evaporated Milk

<i>Fat</i>	4 g/100 g or less
<i>Carbohydrate</i>	35 g per serve, or less

Frozen Dessert, Ice Cream, Frozen Yoghurt, Gelato, Sorbet, Mousse, Custard

<i>Energy</i>	\leq 350 kJ / 100 mL (or 50 g)
<i>Protein</i>	\geq 1 g / 100 mL (or 50 g)
<i>Fat</i>	5 g/100 mL (or 50 g) or less, or 5 – 10 g/100 mL if saturated fat \leq 33 % of total fat content
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	\geq 65 mg / 100 mL (or 50 g)

Yoghurt, Soy Yoghurt, or Fromage Frais

<i>Energy</i>	\leq 350 kJ /100 g
<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	100 mg/100 g or more

6. SNACK FOODS

Savoury Snacks, Biscuits or Crackers

Includes popcorn, potato crisps, extruded snacks, soy chips, biscuits, crackers.

<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	500 mg /100 g or less

7. SPORTS DRINKS AND SPORTS BARS

Sports Drinks

(should be isotonic or hypotonic, ie. sodium and sugar content equal to or less than that of blood)

<i>Carbohydrate</i>	4 - 8 g /100 mL
<i>Sodium</i>	≤ 25 mmol / L

Sports Bars and Miscellaneous Sports Products

<i>Energy</i>	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
<i>Carbohydrate</i>	35 g per serve, or less
<i>Saturated fat</i>	No more than 33 % of total fat content
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	300 mg/100 g or less

8. FORMULATED MEAL REPLACEMENTS

eg. Sustagen, Glucerna.

For appropriate medical and/or nutritional purposes.

All that are acceptable under the Food Standards Code.

9. BEVERAGES

Liquid breakfasts

<i>Energy</i>	1,400 kJ per serve, or less
<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	75 mg/100 mL or less
<i>Dietary fibre</i>	3.3 g/1000 kJ or more

Milk Fluid and Dried (as reconstituted) and Dairy Drinks (plain and flavoured) see section 5

Fruit or Vegetable juice see section 3

10. CONVENIENCE FOODS

Soups (reconstituted, ready to eat)

<i>Fat</i>	Saturated:unsaturated fat ratio of 1:2, or less
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	900mg per serve, or less

Prepared Salads (potato, bean or pasta-based)

<i>Fat</i>	Saturated:unsaturated fat ratio of 1:2, or less
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	320 mg per serve, or less

Pre-prepared/ready-to-eat Meals (frozen, canned or fresh)

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

<i>Energy</i>	2,200 kJ per serve, or less
<i>Carbohydrate</i>	60 g per serve, or less, or glycemic load 30 g/% per serve, or less
<i>Protein</i>	10 g per serve, or more
<i>Fat</i>	21 g per serve, or less
<i>Saturated Fat</i>	7 g per serve, or less
<i>Dietary Fibre</i>	3 g per serve, or more
<i>Sodium</i>	900 mg per serve, or less

Meat Pies, Pasties, Sausage Rolls, Pizza, Filled wraps, sandwiches and rolls etc...

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	60 g per serve, or less, or glycemic load 30 g/% per serve, or less
<i>Sodium</i>	350 mg/100 g or less

10. MISCELLANEOUS

Sauces and Savoury Condiments

Eg. pasta, cook-in sauces, HP sauce, tomato sauce, chutney, relish, pickle, etc.

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	450 mg/100 g or less

Formulated Supplementary Foods (as reconstituted)

Eg. Milo, etc...

<i>Fat</i>	2 g / 100 g or less, or 2 - 4 g / 100 g if saturated fat is \leq 33% of total fat
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	400 mg / 100 g or less

Sandwich Spreads

Eg. peanut butter, honey, jam, marmalade.

<i>Carbohydrate</i>	15 g per serve or less
<i>Saturated fat</i>	If total fat more than 5 g/100g, then saturated fat no more than 31 % of total fat content
<i>Trans fat</i>	No more than 2 % of total fat content
<i>Sodium</i>	350 mg /100 g or less

Dips

<i>Fat</i>	10 g/100 g or less
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	450 mg /100 g or less

GENERAL (for all other foods not specifically excluded)

<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	60 g per serve, or less
<i>Sodium</i>	450 mg/100 g or less