GLYCEMIC INDEX
THE GI SYMBOL

Look for the GI Symbol, your TRUSTED guide to make healthy low GI choices quick and easy.

Foods carrying this guarantee that they have been:
- reliably tested ✓
- meet very strict nutrient criteria ✓

NUTRITIONAL INFORMATION
AVERAGE SERVING SIZE - 45g
GI CERTIFIED ENSURES
SPECIFIC LIMITS FOR:
CARBS
ENERGY
TOTAL SATURATED FAT
ADEQUATE LEVELS OF (WHERE APPROPRIATE):
FIBRE
CALCIUM

www.gisymbol.com