




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

we would love to hear from you
www.gisymbol.com



TRUST

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