



similar composition within food groups, and to choose the lower GI option. By choosing the lowest GI food within a food group, an individual will most likely be choosing the food with the lowest GL, because by definition, the macronutrient profile is essentially the same within a food group.

In summary, Glycemic Index Ltd recommends consumption of a moderate-high carbohydrate diet, based on the Dietary Guidelines for Australians, that incorporates the use of the GI as a tool for choosing lower GI foods within food groups. This appears to be the best way of reducing the mean dietary GL while ensuring optimal nutritional status, and has been associated with decreased risk of developing common chronic diseases such as type 2 diabetes and cardiovascular disease.

Glycemic Index Ltd does not recommend the use of the GL in isolation, as it may lead to the habitual consumption of lower carbohydrate diets, which may have detrimental effects on the health of the population.

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