

The GI Symbol

The Certified GI Symbol is your guarantee that a food has had its GI tested correctly, and that the food is also an all-round healthy choice because it meets category-specific nutrient criteria that are consistent with international dietary guidelines.

To be approved to carry the Certified GI Symbol, foods must be a good source of carbohydrate and meet a host of other nutrient criteria including calories/kilojoules, total and saturated fat, sodium (salt), and where appropriate fibre and calcium.



This GI symbol program is run by the Glycemic Index Foundation (GIF), a not-for-profit organisation supported by The University of Sydney and the Juvenile Diabetes Research Foundation (Australia). GIF is committed to promoting healthier lifestyles to the whole community through a combination of low-GI diets and sound nutrition. Manufacturers pay Glycemic Index Limited a licence fee to use the Certified GI Symbol on their products and the income is channelled back into education and further research.

Look for the Certified GI symbol on foods like breads, breakfast cereals, dairy products, pasta, rice, noodles, cereal grains, fruit, starchy vegetables, legumes, convenience meals, snack foods, spreads and sweeteners. To search for foods carrying the symbol visit <http://www.gisymbol.com/foodSearch.php>

To find out more about the GI Symbol program visit <http://www.gisymbol.com/>

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**The Bump
to Baby Diet**
LOWGI EATING PLAN
FOR CONCEPTION, PREGNANCY AND BEYOND



OUT
NOW