

BENEFITS OF LOW GI

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Gardenia Nutri Multi-Grain is now 'Low GI' and Diabetic-Friendly!

WHAT IS GLYCEMIC INDEX (GI)?

Glycemic Index is a ranking of carbohydrate foods according to their effects on Blood Glucose Levels (blood sugar).

Category	GI Value	Example
Low GI	Less than 55	Gardenia Nutri Multi-Grain Loaf
Medium GI	56-69	Boiled Potatoes
High GI	70 and above	Plain White Rice

Low GI rating indicates that the food releases glucose into the blood stream gradually while high GI rating indicates rapid glucose release into the blood stream.



WHAT ARE THE NUTRITIONAL BENEFITS OF 'LOW GI'?



Nutritional benefits of 'Low GI':

Diabetic-Friendly

- Slow release of sugar into the blood.
- Most suitable bread for people with diabetes and those who are 'glucose intolerant'.

For Sustained Energy

- Provides steady and sustained supply of energy.
- Feel fuller for longer period.
- Helps to maintain concentration.

High Dietary Fibre

- Maintain healthy digestive system.

GI & Blood Glucose

Low GI foods increase blood glucose gradually, providing better control of blood glucose level. It also helps to sustain energy levels throughout the day.

To learn more, visit www.glycemicindex.com.