



GLYCEMIC INDEX THE LOW DOWN

Social Media Toolkit

A healthy low GI diet is for everyone. It gives you sustained energy, helps you to manage your weight and reduces your risk of type 2 diabetes, heart disease and some cancers.

The glycemic index is based on strong scientific evidence and the Glycemic Index Foundation (GIF) is a not-for-profit health promotion charity that aims to educate people on its benefits. The GI Symbol program is run by the GIF to help people make healthy low GI choices easier because foods that carry the GI Symbol are required to meet strict nutrient criteria and have been tested at an accredited laboratory.

This information kit has been developed by the team at GIF to share accurate information on the benefits of a healthy low GI diet. We encourage you to use its content.

What is GI?

f Confused about what GI is? It's a tool that measures how carbs affect your blood glucose levels, helping you choose foods for sustained energy and good health. A quick & easy way to know if a food has been credibly tested and meets strict nutritional criteria is to look out for the Glycemic Index Foundation symbol on products. [#GISymbol www.gisymbol.com/glycemic-index](https://www.gisymbol.com/glycemic-index)

t What is GI? GI measures how carbs affect your blood glucose levels. [#GISymbol www.gisymbol.com/glycemic-index](https://www.gisymbol.com/glycemic-index)

What is GL?

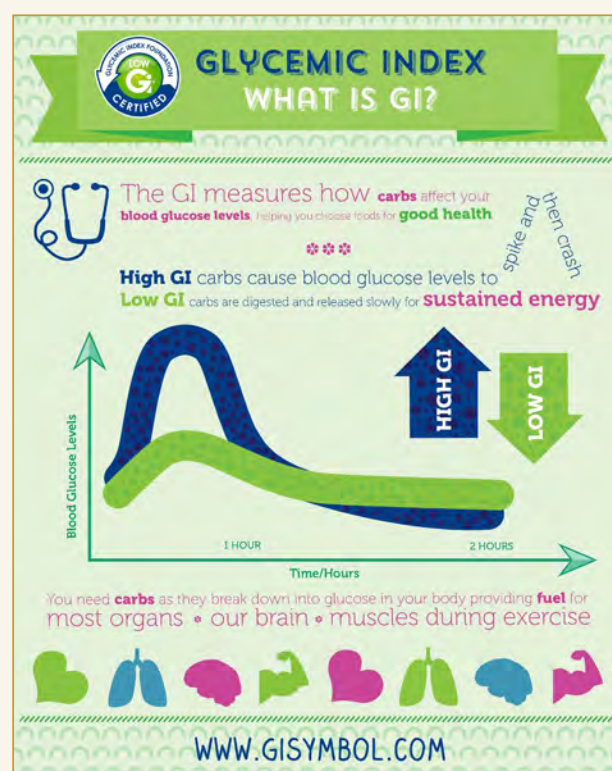
f Want to know how to calculate the glycemic load of your meal? Multiply the GI value by the amount of carbs per serve and divide by 100. Aim to keep your daily load under 100. www.gisymbol.com/glycemic-load

t Calculate glycemic load by multiplying GI value by the amount of carbs per serve & dividing by 100. www.gisymbol.com/glycemic-load

Why go low?

f Choose healthy low GI foods for sustained energy and good health. High GI foods cause blood glucose levels to spike and crash, whereas low GI foods are released slowly. [#LowDownLowGI www.gisymbol.com/general-health](https://www.gisymbol.com/general-health)

t Going [#lowGI](https://www.gisymbol.com/top-tips-to-go-low-gi) helps you choose foods for sustained energy and good health. Get started: www.gisymbol.com/top-tips-to-go-low-gi [#GISymbol](https://www.gisymbol.com)



f Want the low down on what GI is and why going low GI is good for health? www.gisymbol.com/general-health

t Want the low down on what GI is and why going [#lowGI](https://www.gisymbol.com) is good for health? www.gisymbol.com/general-health

Healthy Weight

f No need to cut carbs or go hungry - just switch from high GI foods to healthy low GI foods. Low GI foods make you feel fuller for longer, help you burn fat and maintain your metabolism. www.gisymbol.com/healthy-weight

t **#lowGI** foods help curb hunger by making you feel fuller for longer. www.gisymbol.com/healthy-weight



f Achieving & maintaining a healthy weight is essential to your overall health. It can help prevent type 2 diabetes, heart disease and some cancers. By eating a healthy low GI diet you'll be able to drop those unwanted kilos and maintain a stable weight.

www.gisymbol.com/healthy-weight

t Go **#lowGI** to lose weight and keep it off **#LowDownLowGI** www.gisymbol.com/healthy-weight

Type 2 Diabetes

f Type 2 diabetes is the world's fastest growing disease. The good news is that a low GI diet helps to prevent and manage T2 diabetes by improving glucose levels, reducing insulin resistance, improving blood cholesterol and managing a healthy weight. Want more info?

www.gisymbol.com/diabetes

t A **#lowGI** diet helps prevent & manage T2 diabetes, the world's fastest growing chronic disease. www.gisymbol.com/diabetes



f 1 million Aussies have diagnosed type 2 diabetes, about a million are undiagnosed & 2 million have pre-diabetes. A low GI diet helps to manage T2 diabetes by improving glucose levels, reducing insulin resistance and improving blood

cholesterol. www.gisymbol.com/diabetes

t 1 million Aussies have diagnosed type 2 diabetes, about a million are undiagnosed & 2 million have pre-diabetes

Sustained energy

f Guilty of giving into those 3pm chocolate cravings? Eat a healthy low GI diet for sustained energy and you won't need the pick up! **#LowDownLowGI** www.gisymbol.com/sustained-energy

t Guilty of 3pm sugar cravings? Eat a healthy low GI diet for sustained energy & you won't need the pick up! **#LowDownLowGI**



f High GI foods provide a quick burst of energy where as low GI foods provide long-lasting energy.

www.gisymbol.com/sustained-energy

t High GI foods = quick burst of energy **#lowGI** foods = long-lasting energy.

www.gisymbol.com/sustained-energy

Pregnancy

f Did you know that your diet during pregnancy could affect your child's future health? While pregnant, reducing the GI of your diet is one of the safest and most effective ways to ensure the baby grows at a healthy rate. www.gisymbol.com/pregnancy

t Go **#lowGI** during pregnancy to help prevent your baby being born with excess fat & reduce type 2 diabetes risk. www.gisymbol.com/pregnancy



f While we all benefit from eating well, during pregnancy this becomes even more important. Your diet can affect your child's health, long after they have been born. www.gisymbol.com/pregnancy

t When pregnant, going **#lowGI** helps your baby

grow at a healthy rate. www.gisymbol.com/pregnancy

General Health

f Low GI foods help you manage weight, gives you sustained energy and reduces your risk of type 2 diabetes, heart disease and some cancers.

#LowDownLowGI <http://www.gisymbol.com/general-health>

t #lowGI helps you manage weight, gives you sustained energy & reduces the risk of many chronic diseases. www.gisymbol.com/general-health



f Low GI foods are great for so many reasons!

www.gisymbol.com/general-health

t #lowGI foods are great for so many reasons! www.gisymbol.com/general-health

The Ideal Plate

f What should your dinner plate ideally look like? It should be half vegetables/salad, quarter lean protein and a quarter low GI carbohydrates.

<http://www.gisymbol.com/top-tips-to-go-low-gi>

t The ideal plate: half vegetables/salad, quarter lean protein & quarter #lowGI carbs. #LowDownLowGI www.gisymbol.com/top-tips-to-go-low-gi



f & **t** Does your dinner plate look like this?

Swap it!

f Want to know which high GI foods you can substitute with low GI ones? Check out a simple swap it tool here: www.gisymbol.com #GISymbol

t Learn how to swap high GI for #lowGI with a great tool on www.gisymbol.com #GISymbol



f Going low GI is easy, just swap this for that! For more simple swaps, head to www.gisymbol.com #GISymbol

t Going #lowGI is easy, just swap this for that. For more simple swaps, head to www.gisymbol.com #GISymbol

Healthy Lunchbox

f Want to know how to pack a healthy low GI lunchbox for the kids? www.gisymbol.com/sustained-energy

t Want to know how to pack a healthy #lowGI lunchbox for the kids? www.gisymbol.com/sustained-energy



f Healthy low GI lunchbox ideas for the kids – great for concentration and sustained energy. www.gisymbol.com/sustained-energy

t Healthy #lowGI kids lunchbox ideas for sustained energy & concentration.

www.gisymbol.com/sustained-energy

GI Symbol

f Want to know which foods you can trust to be low GI? When shopping, look out for the Glycemic Index Foundation Symbol. It guarantees products have been reliably tested and meet very strict nutrient criteria. Check out all the products that carry the symbol here: www.gisymbol.com/products-2 #GISymbol

t The GI Symbol is your trusted guide to healthy #lowGI products. Check out all the products www.gisymbol.com/products-2 #GISymbol



f The Glycemic Index symbol helps make shopping for low GI easy www.gisymbol.com/gi-symbol #GISymbol

t The GI Symbol helps make shopping for #lowGI easy www.gisymbol.com/gi-symbol #GISymbol

President of the Glycemic Index Foundation & Professor of Human Nutrition, School of Molecular Bioscience and Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders, **Jennie Brand-Miller** says:

- "The science overwhelmingly shows that a low GI diet plays an important role in reducing the risk of type 2 diabetes and heart disease, and is important for weight management."
- "A healthy low GI diet is for everyone, whether you are looking to improve your general health, sustain your energy throughout the day or to prevent or manage a specific health condition."
- "A healthy low GI diet helps people with diabetes manage their blood glucose and cholesterol levels as well as reduce insulin resistance, all of which are important to reduce the risk of long term diabetes-related complications."
- "The sustaining power of a healthy low GI diet means you have more stable energy levels, rather than peaks and troughs of energy throughout the day."
- "A low GI diet assists you to reach and maintain your goal weight by helping you manage hunger, burn body fat and maintain your metabolic rate."
- "Our brains run almost solely on glucose and have no reserves - so it is important that a constant supply of glucose is provided throughout the day. Low GI foods provide a steady supply of glucose to the brain, improving cognitive performance."
- "A healthy low GI diet during pregnancy improves the chances of having a healthy, normal weight baby. If high blood glucose levels are well controlled, your baby will grow at the optimum rate, not too fast and not too large."
- "If you are looking to start following a low GI diet, look out for the GI Symbol in the supermarket. It is your trusted guide to low GI products that have been tested by an accredited laboratory and meet strict nutrient criteria."

Did you know? Most people don't eat too much carbohydrate, they just eat the wrong type. The GI is a scientifically proven way of ranking carbs in food to help you eat healthy & better quality ones.



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