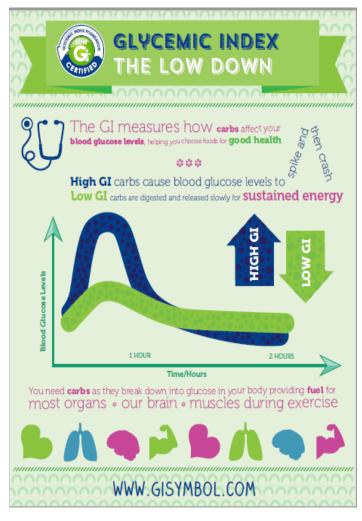
Supplementary Appendix 1 A-C

Positioning the Value of the Dietary Carbohydrate, Carbohydrate Quality, the Glycemic Index, and GI Labelling to the Canadian Consumer for Improving Dietary Patterns

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Supplementary Appendix 1A. Figure depicting the glycemic index (Adapted from the Glycemic Index Foundation[1]).

The Glycemic Index



What is the Glycemic Index of food?

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food. The standard food is glucose or white bread.

Why should I eat foods with a low Glycemic Index?

Eating foods with a low Glycemic Index may help you to:

- Control your blood glucose level
- · Control your cholesterol level
- · Control your appetite
- · Lower your risk of developing heart disease
- · Lower your risk of developing type 2 diabetes

Use these meal planning ideas to include the Glycemic index as part of healthy eating.

- Enjoy vegetables, most fruits and low-fat milk products with your meals. These are carbohydrate-rich foods that, in general, have low glycemic index.
- Plan your meals with foods in the low and medium Glycemic Index starch choices on the list that follows.
- Try foods such as barley, bulgar, or lentils, which have a low Glycemic Index.
- Consult a registered dietitian for help with choosing low GI foods, adapting recipes, and other ways to incorporate low GI foods in your meal plan.

If I eat foods with a low Glycemic Index can I eat as much as I want?

No. Using the Glycemic Index to choose foods is only one part of healthy eating. Healthy eating also means:

- · Eating at regular times
- · Choosing a variety of foods from all food groups
- · Limiting sugars and sweets
- · Reducing the amount of fat you eat
- · Including foods high in fibre
- · Limiting salt

Remember that checking your blood glucose before and 2 hours after a meal is the best way to know how your body handles the meal.



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A lot of starchy foods have a high Glycemic Index (GI). Choose medium and low GI foods more often.

| LOW GI (55 or less) * † Choose most often | MEDIUM GI (56-69) * † Choose more often | HIGH GI (70 or more) * † Choose less often |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| BREADS: 100% stone ground whole wheat Heavy mixed grain Pumpernickel | BREADS: Whole wheat Rye Pita | BREADS: White bread Kalser roll Bagel, white |
| CEREAL: All Bran™ Bran Buds with Psyllium™ Oat Bran™ | CEREAL: Grapenuts™ Puffed wheat Oatmeal Quick oats | CEREAL: Bran flakes Corn flakes Rice Krispies™ |
| GRAINS: Barley Bulgar Pasta/noodles Parboiled or converted rice | GRAINS: Basmati rice Brown rice Couscous | GRAINS: Short-grain rice |
| OTHER: Sweet potato Yam Legumes Lentils Chickpeas Kidney beans Split peas Soy beans Baked beans | OTHER: Potato, new/white Sweet corn Popcorn Stoned Wheat Thins™ Ryvita™ (rye crisps) Black bean soup Green pea soup | OTHER: Potato, baking (Russet) French fries Pretzels Rice cakes Soda crackers |

expressed as a percentage of the value for glucose

† Canadian values where available

Adapted with permission from: Foster-Powell K, Holt SHA, Brand-Miller JC. International table of glycemic index and glycemic load values Am J Clin Nutr. 2002;76:5-56

Across the country, the Canadian Diabetes Association is leading the flight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our communitybased network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into gractical applications.

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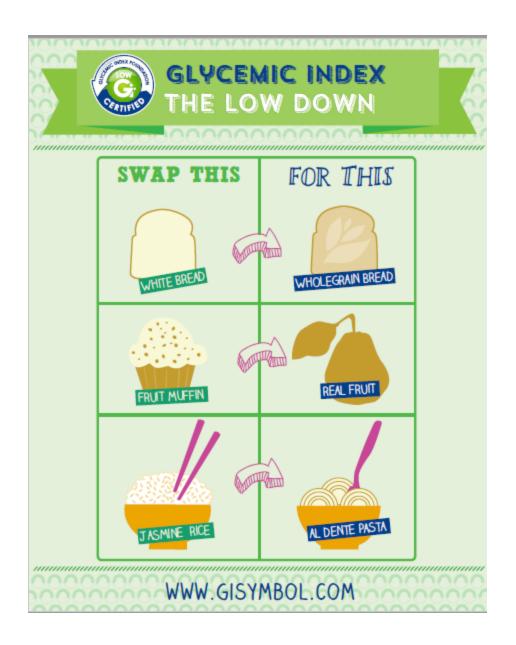


Related articles: just the basics, fibre and diabetes, sugars and severteners

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Supplementary Appendix 1B. Infographic from the Diabetes Canada (formally the Canadian Diabetes Association) used to educate patients on the GI [2].



Supplementary Appendix 1C. Depiction of strategies for choosing low GI foods instead of high GI foods (Adapted from the Glycemic Index Foundation [3]).

References

- 1. The Glycemic Index Foundation. Glycemic Index: What is GI. The Glycemic Index Foundation. https://www.gisymbol.com/infographics/what-is-gi-infographic/ (October 10, 2018).
- 2. Diabetes Canada. The Glycemic Index. Diabetes Canada: Toronto, Ontario, 2013.
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Supplementary Appendix 2A-C

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Supplementary Appendix 2A. The Glycemic Index Foundation's Low GI Symbol [1].



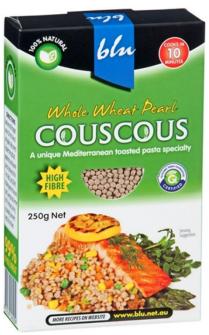
Supplementary Appendix 2B. Figure depicting the use of the Glycemic Index Foundations GI Symbol on a hypothetical food product (Adapted from The Glycemic Index Foundation [2]).













Supplementary Appendix 2C. Examples of foods with The Glycemic Index Foundation's Low GI Symbol shown to focus groups during Activity 3 [3].

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- 1. The Glycemic Index Foundation. The GI Symbol Program. The Glycemic Index Foundation. https://www.gisymbol.com/ (october 4, 2018).
- 2. The Glycemic Index Foundation. Glycemic Index: The GI Symbol. The Glycemic Index Foundation. https://www.gisymbol.com/infographics/the-gi-symbol-infographic/ (October 10, 2018).
- 3. The Glycemic Index Foundation. Low GI Products. The Glycemic Index Foundation. https://www.gisymbol.com/products/ (October 10, 2018).