

Glycaemic Index (GI)

How is the GI measured?

The GI values should be measured using internationally validated methods. The glycaemic index is determined by feeding a portion of the test food containing a standard amount of digestible carbohydrate (usually 50 g), in 10 or more healthy individuals. Then, plasma glucose values are measured over the next two hours. For each person, the incremental area under the glucose curve (IAUC) for this food is measured. On another occasion the same individuals consume an equal portion of carbohydrates as glucose (reference food) and their two-hour blood glucose response is also measured

The GI is calculated using the following formula:

$$GI = \frac{\text{IAUC for the test food}}{\text{IAUC for the reference food}} \times 100$$

How much food is required to measure GI values?

This study requires enough of each product to feed 10 people each a portion of the product containing 50 g of digestible carbohydrate. An additional 15% is also required to cover any potential wastage.

Upon submission of the proposal, we will tell you exactly how much we would require for GI testing, taking into account the nutritional composition of the food.

How long does it take to measure GI values of foods?

BIOTEMPO estimates an average time between 60-90 days, after approval of the proposal.

The process begins with the submission of the study to an Ethics Committee. After approval, volunteers are recruited and the data collection starts. Determining the GI values of foods requires blood sampling, so we have to

allow time for the participants to recover between sessions. Completed tests will be drafted a final report describing the methodology and results. When the tests are over, a final report will be written describing the methodology and results.

During the project, meetings between BIOTEMPO and the customer can be scheduled to discuss the work.

Confidentiality

Before commencing any GI determination, a confidentiality agreement should be signed by both companies. The BIOTEMPO will send a draft agreement that ensures the confidentiality and protection of the commercial interests of customers.

How much does it cost to measure GI values of foods?

Please contact us indicating which foods you want to evaluate. You will be sent a proposal with the budgeting and all the methodology used in the study.