

## MEASUREMENT OF GLYCEMIC INDEX, GLYCEMIC LOAD AND INSULINEMIC INDEX

The aim of the study which was carried out at the **University of Sydney, Australia**, was to measure the Glycemic Index, Glycemic Load and the Insulinemic Index for each product in the Sweet & Balance range.

For this purpose, a group of 10 subjects were given 50g of glucose. Glucose concentration and blood insulin concentration were then measured at 0, 30, 60, 90 and 120 minutes. In parallel, an amount of each of the products in the Sweet & Balance series which contained 50 g. assimilable carbohydrates was given to the same group of individuals and the corresponding measurements were then taken. The results are presented in Table 1 and in diagrammes 1 and 2\*\*.

**Table 1. Results of Glycemic Index,  
Glycemic Load and Insulin Index**

	Glycemic Index (GI)	Glycemic Load (GL)	Insulinemic Index**
Sweet & Balance Vanilla flavoured Dairy Dessert with sweetener	29	4,9	63
Sweet & Balance Cake mix with sweeteners	42	8,8	65
Sweet & Balance	44	7,2	73
Sweet & Balance Creme Patisserie	49	3,4	90
Sweet & Balance Crème Caramel with sweetener	19	1,8	56
Sweet & Balance Chocolate with sweetener	28	1,5	58
Sweet & Balance Strawberry/cherry flavoured Jelly with sweetener*	-	-	-
Sweet & Balance Strawberry/cherry flavoured Jelly with sweetener*	-	-	-

\*Because of its extremely low digestible carbohydrate content, Sweet & Balance Strawberry / Cherry jelly with sweeteners has a very low glycemic index. This has also been confirmed by clinical studies on jelly recipes that have a higher percentage of digestible carbohydrates (9.9 g / 100 g of finished product) and with GI = 28

\*\* Shows the rate of change and the rate of increase in blood insulin after consumption of these foods.

Graph 1. Blood sugar concentration measurement results

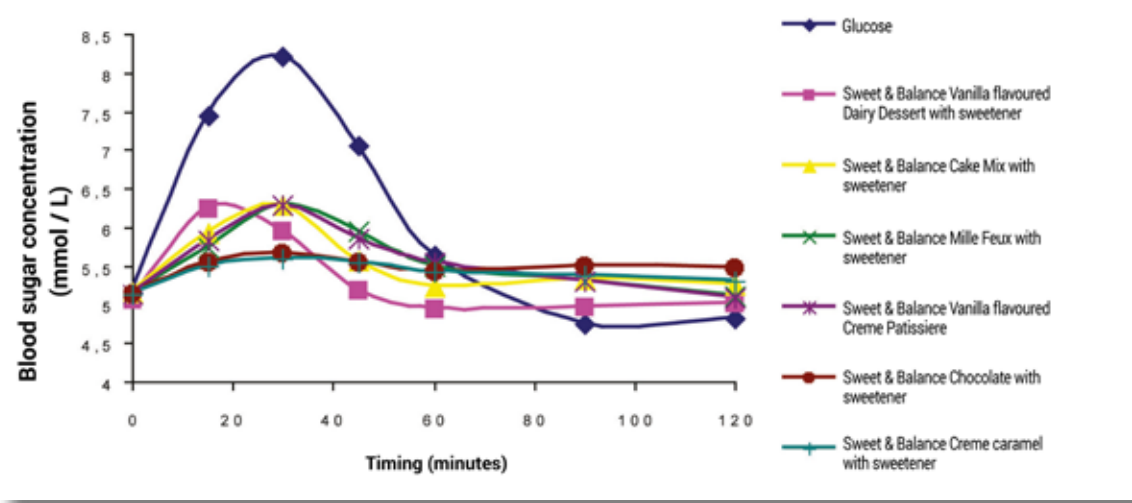
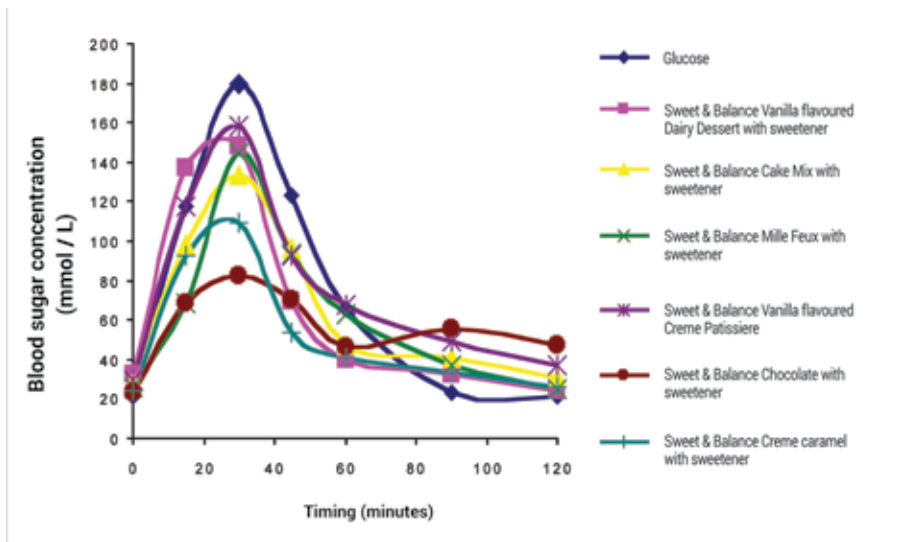


Diagramme 2. Blood insulin concentration measurement results



**Conclusions**

Based on the above glycemic index and glycemic load measurement results, all the products in the Sweet & Balance series have a low glycemic load and a low glycemic index.