

How do I set up GI values, and obtain a glycaemic analysis?

General information

This training sheet explains how to:

1. Enter in GI values of foods,
2. Generate Glycaemic Glucose Equivalence (GGE) values
3. Obtain a report of the GI values of foods in a food intake, and
4. Obtain a Glycaemic Analysis of meals and foods.
5. Obtaining a list of the GI values of foods.

Procedure

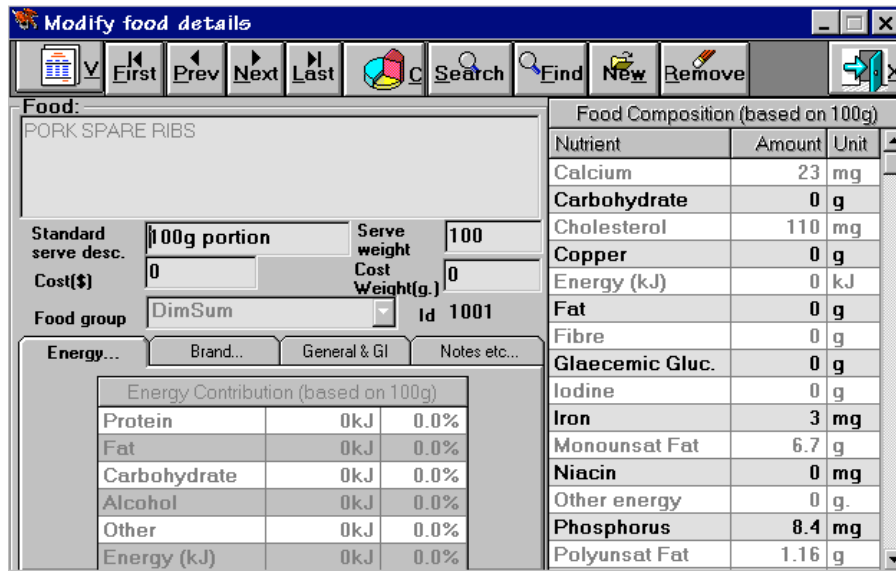
1. How to enter GI values of foods.

From the main menu bar,



select **Foods**, then select **Modify Foods**.

The window is displayed as shown below:



Click on the **General and GI** tab to display the Glycaemic Index field, as shown below:



This is where you can enter the GI value for this food. To find other foods to enter GI values use the Find function, see earlier training sheets for further details.

2. How to generate GGE values.

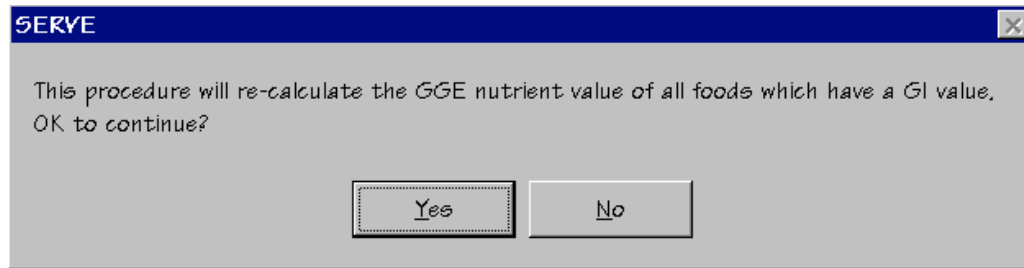
Glycaemic Glucose Equivalence (GGE) is a measure that combines the Glycaemic Index (GI) with the carbohydrate value of the food ($GGE = GI * CHO / 100$) It is also known as the Glycaemic Load.

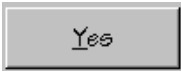
Once you have entered GI values for foods you need to run the calculate GGE value procedure to generate the GGE values for all foods with GI values.

From the main menu bar,



select **N**utrient, then select **C**alculate GGE. The following window will be displayed:



Click . The program will take a few seconds to calculate the GGE values, when finished the following message will appear:



You can now enter a food intake, and the GGE value of the food intake will be calculated and displayed for the foods with GI values.

You can run this procedure as often as you like. If you have already entered a food intake, then added more GI values for foods you will need to run the 'calculate GGE' procedure again to refresh the GGE values and hence update the food intake with these new values.

3. How to obtain a report of the GI values of foods in a food intake

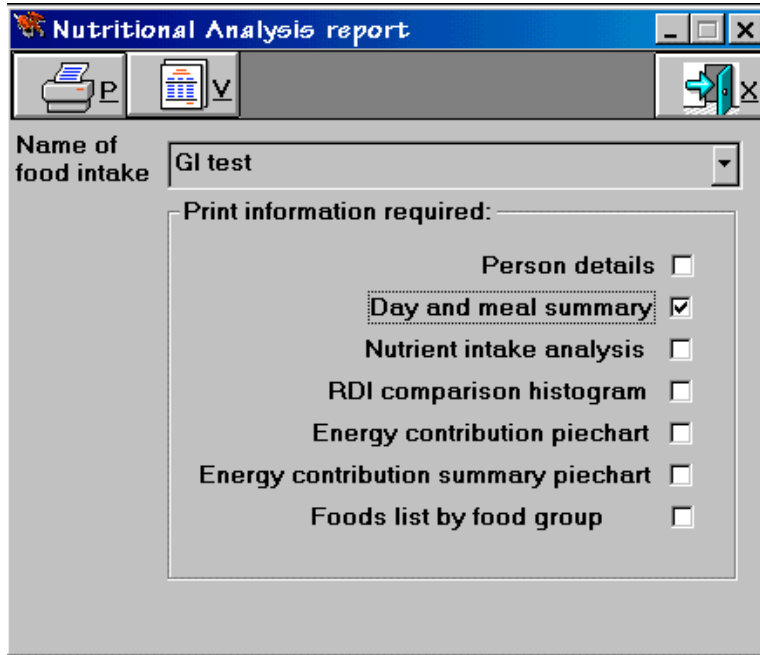
Once you have entered a food intake which includes one or more foods with GI values you can obtain a report that lists all the foods in the food intake, showing the GI values of these foods.

From the main menu bar,





select **Food-Intake**, then select **Print an analysis of a food intake..**

A window as shown below is displayed:



Select the name of the food intake from the drop-down list, then select the **Day and meal summary** as shown above.

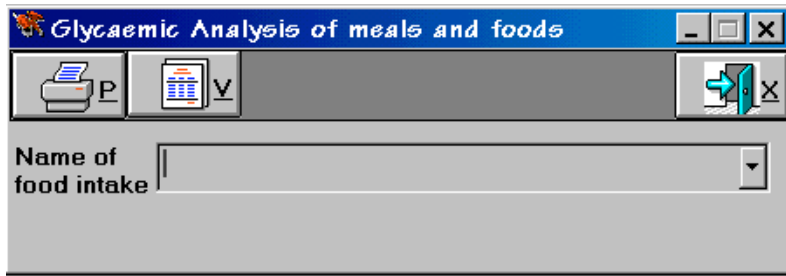
Click  to see a sample of the report, or  to send the report directly to your printer. The report shows a list of foods in the food intake grouped by day and meal, showing the food details, amount, serve size details and the GI value of the food.

4. How to obtain a Glycaemic Analysis of meals and foods.



Once you have created your food intake, then, from the main menu bar,



select **Food-Intake**, then select **Print a Glycaemic Analysis of foods and meals..** The following window is displayed:



Select the name of the food intake from the drop-down list.

Click  to see a sample of the report, or  to send the report directly to your printer. The report shows a list of foods in the food intake grouped by day and meal, showing the name of the food, the serving description, the serve size, number of serves, the amount of the food, grams of carbohydrate (g.CHO) in the food, the glycaemic index (GI) of the food, the GI load (gCHO * GI), %CHO in meal (the % contribution of this food to the total meal CHO) and the Contribution to meal GI (GI * %CHO)

Totals by meal are also shown for the gCHO, GI load and meal GI.

A sample report is shown below.

Glycaemic Analysis of meals and foods

<u>Meal</u>	<u>Food</u>	<u>Serve</u>	<u>Size</u>	<u>No. Serves</u>	<u>Amount</u>	<u>g. CHO in food</u>	<u>GI</u>	<u>GI load</u>	<u>% CHO in meal</u>	<u>Contrib to Meal GI</u>
Intake: GI example										
<u>Breakfast</u>										
	B/F FLAKE, CORN, MED SUG	cup	30.00	1	30.00	25.17	77	19.38	27.58	21.24
	MILK, FLUID, WHOLE, REGU	cup	258.00	1	258.00	12.13	31	3.76	13.29	4.12
	BREAD, MIXED GRAIN, TOA	regular sand	28.00	3	84.00	42.59	40	17.04	46.67	18.67
	MARGARINE, POLYUNSATU	cup	240.00	0	10.00	0.05			0.05	
	JAM, REGULAR, ALL FLAVC	cup	338.00	0	15.00	9.89	51	5.04	10.83	5.52
	TEA, WHITE, BREWED FROM	mug(240mL	240.00	1	240.00	1.44			1.58	
	<u>Total for Breakfast</u>					91.26		45.22		49.55
<u>Morning tea</u>										
	COFFEE, WHITE, CAPPUCCH	coffee cup(180.00	1	240.00	4.80			18.44	
	MUFFIN, BRAN, WITH FRUI	muffin(6.6c	58.00	1	58.00	21.23	54	11.46	81.56	44.04
	<u>Total for Morning tea</u>					26.03		11.46		44.04

5. Obtaining a list of the GI factors of foods.

From the main menu bar, select **FQods**,





then select **GI factors of common foods listing**. The following window is displayed:

View Glycaemic Index factors

GI factors

Description of food	GI	CHO(g)	Fat(g)
APPLE, DRIED, RAW	29	61.7	0.5
APPLE, GREEN, RAW, UNPEELED:NS AS TO PEELED;	38	10.8	0.1
APPLE, NS AS TO TYPE, RAW, UNPEELED:NS AS TO	38	12.3	0.1
APPLE, RED, RAW, UNPEELED:NS AS TO PEELED; RED	38	12.5	0.1
APRICOT, CANNED IN LIGHT SYRUP, DRAINED	64	11.7	0
APRICOT, CANNED IN LIGHT SYRUP:NS AS TO DRAINED	64	12.4	0
APRICOT, DRIED, RAW	30	44.4	0.2
APRICOT, RAW	57	7.7	0.2
BAGEL, TOASTED:BAGEL TOPPED WITH SESAME AND	72	56.3	1.6
BAGEL:BAGEL TOPPED WITH SESAME AND POPPYSEED	72	50.7	1.4
BAKED BEANS, CANNED IN TOMATO SAUCE	48	11.2	0.5

The GI factors displayed are a list of known GI values and those GIs used in this database. The list also shows the CHO and Fat values in grams per serve size. Data sourced from www.glycemicindex.com and The New Glucose Revolution, authored by Prof Jennie Brand-Miller, Kaye Foster-Powell and Assoc Prof Stephen Colagiuri.

Click  to see a sample of the report. Click  to send the report directly to your printer. The report displays a list of foods in alphabetical order, showing the name of the food, the GI, and the amount of Carbohydrate(g) and Fat(g) in 100g of the food. An example of the report is shown below...

GI factors of Common Foods

ID	Description of food	GI Factor	CHO(g.)	Fat(g.)
4029	APPLE, DRIED, RAW	29	61.7	0.5
3935	APPLE, GREEN, RAW, UNPEELED:NS AS TO PEELED; GRANNY SMITH; GOLDEN DELICIOUS	38	10.8	0.1
3943	APPLE, NS AS TO TYPE, RAW, UNPEELED:NS AS TO PEELED	38	12.3	0.1
3933	APPLE, RED, RAW, UNPEELED:NS AS TO PEELED; RED DELICIOUS; JONATHON; GALA; FUJI; BONSA; PINK LADY; LADY WILLIAM	38	12.5	0.1
3881	APRICOT, CANNED IN LIGHT SYRUP, DRAINED	64	11.7	0.0
3880	APRICOT, CANNED IN LIGHT SYRUP:NS AS TO DRAINED	64	12.4	0.0
3920	APRICOT, DRIED, RAW	30	44.4	0.2
3871	APRICOT, RAW	57	7.7	0.2
2416	BAGEL, TOASTED:BAGEL TOPPED WITH SESAME AND POPPYSEED	72	56.3	1.6
2415	BAGEL:BAGEL TOPPED WITH SESAME AND POPPYSEED	72	50.7	1.4
6520	BAKED BEANS, CANNED IN TOMATO SAUCE	48	11.2	0.5
6523	BAKED BEANS, CANNED IN TOMATO SAUCE, SALT REDUCED	48	11.2	0.5
6519	BAKED BEANS, NFS	48	11.4	0.5
3967	BANANA, COMMON, RAW	52	19.9	0.1
3972	BANANA, NS AS TO TYPE, RAW	52	21.4	0.1