

Glycaemic Index Methodology

2005

F. Brouns et al.

Published in *Nutrition Research Reviews* 2005; 18(1):145-171

The glycaemic effects of the foods in our diet may influence the risks of disorders such as diabetes and cardiovascular disease. The so-called 'glycaemic index' classifies foods according to their postprandial glycaemic effects. As such this index could help consumers in making healthy choices within certain food groups. A prerequisite for this to be effective is that the glycaemic index is measured in a valid and standardised way. The enclosed paper addresses classical and alternative methods of measuring and comparing glycaemic responses, and provides a number of technical recommendations.

To order free copies: publications@ilsieurope.be