

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOODGROUP: DAIRY

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 1.5g/100ml (milk, milk drinks, yogurt and frozen desserts) 3g/100g for cheese</p> <p>Saturated Fat: 0.75g/100ml (milk, yogurt and frozen desserts) 1g/100 ml (milk drinks) 1.5g/100g (hard cheese) or 10% of total kJ, including trans fats</p> <p>Trans fats: no added</p> <p>Mono-unsaturated fatty acids: Minimum of 25% of total fat</p> <p>Cholesterol: 10 mg per 100g 50 mg per 100g (hard and soft cheeses)</p> <p>Sodium: 800mg/100g (hard cheese) 400 mg/100g (soft cheese)</p>	<p>Fat: 2g/100ml (milk, milk drinks and yogurt), 4g/100ml (evaporated milk), 5g/100g for soft cheese, 14g/100g for hard cheese 5g/100ml for frozen desserts</p> <p>Saturated: 1.2g/100ml (milk and yogurt) 1.4g/100 ml (milk drinks) 2.4g/100 ml (evaporated milk), 3g/100g for soft cheese, 5g/100g (hard cheese) or 10% of kJ, including trans fats 3g /100ml for frozen desserts.</p> <p>Trans fats: no added</p> <p>Mono-unsaturated fatty acids: Minimum of 25% of total fat</p> <p>Cholesterol: 10 mg per 100ml (milk and milk drinks) 80 mg per 100g (hard and soft cheeses) 50 mg/100ml (frozen desserts)</p>	<p>Fat: 2.0g/100ml (milk, milk drinks and yogurt), 4.0g/100ml (evaporated milk), 10g/100g for soft cheese, 25g/100g or 30% of kJ (hard cheese) 5g/100ml for frozen desserts.</p> <p>Saturated Fat and trans fatty acids: 1.2g/100ml (milk and yogurt) 1.4g/100ml (milk drinks) 2.44g/100ml (evaporated milk), 5g/100g for soft cheese 13g/100g (hard cheese) or 10% of kJ, including trans fats 3g/100ml for frozen desserts.</p> <p>Trans fats: no added</p> <p>Mono-unsaturated fatty acids: Minimum of 25% of total fat</p> <p>Cholesterol: 10 mg per 100g (milk and milk drinks) 100 mg per 100g (hard and soft cheeses) 50 mg per 100 ml (frozen</p>	<p>Fat: 2g/100ml (milk, milk drinks and yogurt), 4g/100g (evaporated milk), 10g/100g for soft cheese, 25g/100g or 30% of kJ (hard cheese) 5g/100ml (frozen desserts).</p> <p>Saturated Fat and trans fatty acids: 1.2g/100ml (milk and yogurt) 1.4g/100 ml (milk drinks) 2.4g/100g (evaporated milk) 5g/100g for soft cheese, 13g/100g for hard cheese or 10% of total kJ, including trans fats 3g/100ml for frozen desserts.</p> <p>Trans fats: no added</p> <p>Mono-unsaturated fatty acids: Minimum of 25% of total fat</p>

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<p>70mg/100ml (liquid milk products including yogurt) 120 mg per 100ml (frozen desserts) 140mg/100ml (evaporated milk)</p> <p>Fibre: N/A</p> <p>Protein: N/A</p> <p>Caffeine: 15mg/100 ml (milk based drinks) 30 mg /100g (desserts)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: 5g (milk, milk drinks and yogurt) 10g /100g (evaporated milk and desserts)</p> <p>GI: 0-40</p> <p>GL: 6 (milk, milk drinks, evaporated milk, yoghurt and yoghurt drinks and frozen desserts) Milk substitutes (excluding soya beverages) 2</p>	<p>Sodium: 800mg/100g (hard cheese) 400 mg/100g (soft cheese) 100mg/100ml (liquid milk products including yoghurt) 140mg/100ml (evaporated milk) 120 mg per 100 ml (frozen desserts)</p> <p>Fibre: N/A</p> <p>Protein: N/A</p> <p>Caffeine: 15mg/100 ml (milkbased drinks) 30 mg/100ml (frozen desserts)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: 5g/100ml (milk, milk drinks and yogurt) 10g /100ml/g (evaporated milk and desserts)</p> <p>GI: 0-55</p> <p>GL: 10 (milk, milk drinks, evaporated milk, yoghurt and yoghurt drinks and frozen desserts) Milk substitutes (excluding soya beverages) 2</p>	<p>desserts) 120 mg (frozen desserts)</p> <p>Sodium: 800mg/100g (hard cheese) 400 mg/100g (soft cheese) 100mg/100ml (liquid milk products including yoghurt). 120mg/100ml (frozen desserts)</p> <p>Fibre: N/A</p> <p>Protein: N/A</p> <p>Caffeine: 15mg/100 ml (milkbased drinks) 30 mg/100g (desserts)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 5g /100ml (milk, milk drinks and yogurt) 10g /100ml/g (evaporated milk and desserts)</p> <p>GI: 56-69</p> <p>GL: 13 (milk, milk drinks, evaporated milk, yoghurt and yoghurt drinks) Milk substitutes (excluding soya beverages) 2</p>	<p>Cholesterol: 10 mg per 100ml (milk and milk drinks) 100 mg per 100g (hard and soft cheeses) 50 mg per 100ml (frozen desserts)</p> <p>Sodium: N/A</p> <p>Fibre: N/A</p> <p>Protein: N/A</p> <p>Caffeine: 15mg/100 ml (milkbased drinks) 30 mg/100g (desserts)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 5g/100ml (milk, milk drinks and yogurt) 10g /100ml/g (evaporated milk and desserts)</p> <p>GI: 70 +</p> <p>GL: 15 (milk, milk drinks, evaporated milk, yoghurt and yoghurt drinks) Milk substitutes (excluding soya beverages) 3</p>
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Food Endorsement by the Glycemic Index Foundation SA
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FOODGROUP: PROTEIN

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 3g/100g or less (Fresh, frozen, processed and canned) 5g/serving (pies, pastries and quiches)</p> <p>Saturated Fat: 1.2g/100g or 10% of total kJ, including trans fats (Fresh, frozen, processed and canned) 1.5g/serving (pies, pastries and quiches)</p> <p>Trans fats: 0.5g per serving (pies, pastries and quiches) 0.3g/100g (fresh, frozen, processed and canned)</p> <p>Mono-unsaturated fat: at least 30% of total fat (fresh, frozen, processed and canned) At least 1g per serving (pies, pastries and quiches)</p> <p>Cholesterol: 200 mg/100g (fresh, frozen, processed and canned) 100mg per unit (pies)</p>	<p>Fat: 10g/100g (Fresh, frozen, processed and canned) 10g/serving (pies, pastries and quiches)</p> <p>Saturated Fat : 4.5g/100g or 10% of total kJ, including trans fats (Fresh, frozen, processed and canned) 4.5g/serving (pies, pastries and quiches)</p> <p>Trans fats: 0.5g per serving (pies, pastries and quiches) 0.3g/100g (fresh, frozen, processed and canned)</p> <p>Mono-unsaturated fat: at least 30% of total fat (fresh, frozen, processed and canned) At least 1g per serving (pies, pastries and quiches)</p> <p>Cholesterol: 100mg/100g (fresh, frozen, processed and canned) 100mg per unit (pies)</p> <p>Sodium: 260mg/100g (fresh & frozen), 450mg/100g (pies, pastries and</p>	<p>Fat: 15g/100g or 30% of kJ (Fresh, frozen, processed and canned) 15g/serving (pies, pastries and quiches)</p> <p>Saturated Fat: 7.0g/100g or 10% of total kJ, including trans fats (Fresh, frozen, pastries, processed and canned) 7.5g/serving (pies, pastries and quiches)</p> <p>Trans fats: 0.5g per serving (pies, pastries and quiches) 0.3g/100g (fresh, frozen, processed and canned)</p> <p>Mono-unsaturated fat: at least 30% of total fat (fresh, frozen, processed and canned) At least 1g per serving (pies, pastries and quiches)</p> <p>Cholesterol: 150mg/100g (fresh, frozen, processed and canned) 100mg per unit (pies)</p>	<p>Fat: 15g/100g or 30% of kJ (Fresh, frozen, processed and canned) 15g/serving (pies, pastries and quiches)</p> <p>Saturated Fat: 7.0g/100g or 10% of total kJ, including trans fats (Fresh, frozen, pastries, processed and canned) 7.5g/serving (pies, pastries and quiches)</p> <p>Trans fats: 0.5g per serving (pies, pastries and quiches) 0.3g/100g (fresh, frozen, processed and canned)</p> <p>Mono-unsaturated fat: at least 30% of total fat (fresh, frozen, processed and canned) At least 1g per serving (pies, pastries and quiches)</p> <p>Cholesterol: 150mg (fresh, frozen, processed and canned) 100mg per serving (pies, pastries and quiches)</p>

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<p>Sodium: 250mg/100g (fresh and frozen) 450mg/100g (pies, pasties and quiches), 500mg/100g (Processed/canned)</p> <p>Fibre: N/A (fresh, frozen, processed and canned) At least 1.2g per serving (pies, pastries and quiches)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: N/A (fresh and frozen) 10g/100g (canned and processed) 10g/serving (pies, pastries and quiches)</p> <p>Protein: Minimum 12g (per serving) Minimum 20g/100g (fresh, frozen, processed and canned)</p> <p>GI: 0-40 (where applicable) GL: 5 (Crumbed meat/fish/chicken) < 12 (pies, pastries and quiches)</p>	<p>quiches), 450mg/100g (Processed/canned)</p> <p>Fibre: N/A (fresh, frozen, processed and canned) At least 1g per unit (pies)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: N/A (fresh and frozen) 10g/100g (canned and processed) 10g/serving (pies, pastries and quiches)</p> <p>Protein: Minimum 14g (per serving up to 200g)(fresh, frozen, processed and canned) Minimum 12g per serving (pies, pastries and quiches)</p> <p>GI: 0-55 (where applicable)</p> <p>GL: 10 per serving (Maximum 200g)(Crumbed meat/fish/chicken) <17 (pies, pastries and quiches)</p>	<p>Sodium: 250mg/100g (fresh and frozen) 500mg/100g (pies, pasties and quiches) 500mg/100g (Processed/canned)</p> <p>Fibre: N/A (fresh, frozen, processed and canned) At least 0.5g per unit (pies)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: N/A (fresh and frozen) 10g/100g (canned and processed) 10g/serving (pies, pastries and quiches)</p> <p>Protein: 12g (per serving) Minimum 20g/100g (fresh, frozen, processed and canned)</p> <p>GI: 56-69 (where applicable) GL: 7 (Crumbed meat/fish/chicken) < 19 (pies, pastries and quiches)</p>	<p>Sodium: N/A</p> <p>Fibre: N/A (fresh, frozen, processed and canned) At least 0.5g per unit (pies)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: N/A (fresh and frozen) 10g/100g (canned and processed) 10g/serving (pies, pastries and quiches)</p> <p>Protein: Minimum 12g (per serving) Minimum 20g/100g (fresh, frozen, processed and canned)</p> <p>GI: 70 (where applicable) GL: 10 (Crumbed meat/fish/chicken) < 19 (pies, pastries and quiches)</p>
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FOODGROUP: LEGUMES & TVP

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 9g/100g 1.5g/100g/ml (tofu, soy beverages and yoghurt) 3g/100g finished product (TVP) Saturated Fat 1.5g/100g or 10% of total kJ, including trans fats (canned legumes, drained) 1g/100ml (soy beverages and yoghurt) 1g/100g (TVP) Trans fatty acids: <1% of total Energy MUFAs: At least 20% of total fat Cholesterol: <50mg/100g/ml</p> <p>Sodium: 120mg/100g (Soy beverages and Tofu) 400mg/100g (canned legumes) 400 mg/100g - finished product (TVP)</p> <p>Protein: At least 5g/100g (canned legumes, drained) At least 3g/100g/ml (soy beverages and yoghurt)</p>	<p>Fat: 9g/100g (canned legumes, drained) 2g/100g/ml (tofu, soy beverages and yoghurt) 10g/100g finished product (TVP) Saturated Fat 1.5g/100g or 10% of total kJ, including trans fats (canned legumes, drained) 1.2g/100g/ml or 10% of total kJ, including trans fats (tofu, soy beverages and yoghurt) 2.5g/100g finished product (TVP) Trans fatty acids: ≤1% of total Energy MUFAs: At least 20% of total fat Cholesterol: <50mg/100g/ml</p> <p>Sodium: 400mg/100g (canned legumes) 100mg/100g/ml (Soy beverages and Tofu) 400 mg/100g - finished product (TVP)</p> <p>Protein: At least 5g/100g (canned legumes, drained) At least 3g/100g/ml (soy beverages and yoghurt) At least 5g/100g (TVP)</p>	<p>Fat: 9g/100g (canned legumes, drained) 2g/100g/ml (tofu, soy beverages and yoghurt) 3g/100g finished product (TVP) Saturated Fat 1.5g/100g or 10% of total kJ, including trans fats (canned legumes, drained) 1.2g/100g/ml or 10% of total kJ, including trans fats (tofu, soy beverages and yoghurt) 1g/100g finished product (TVP) Trans fatty acids: <1% of total Energy MUFAs: At least 20% of total fat Cholesterol: <50mg/100g/ml</p> <p>Sodium: 120mg/100g (Soy beverages and Tofu) 600mg/100g or less (canned legumes.) 400 mg/100g - TVP</p> <p>Fibre: At least 0.5g (Soya beverages and Tofu) At least 1g/100g (canned legumes and TVP)</p>	<p>Fat: 9g/100g (canned legumes, drained) 2g/100g/ml (tofu, soy beverages and yoghurt) 3g/100g finished product (TVP) Saturated Fat 1.5g/100g or 10% of total kJ, including trans fats (canned legumes, drained) 1.2g/100g/ml or 10% of total kJ, including trans fats (tofu, soy beverages and yoghurt) 1g/100g finished product (TVP) Trans fatty acids: <1% of total Energy MUFAs: At least 20% of total fat Cholesterol: <50mg/100g/ml</p> <p>Sodium: For Sport: preferably at least 80mg/100ml/g (Soy beverages and Tofu) Fibre: At least 0.5g (Soya beverages and Tofu) At least 1g (canned legumes and TVP)</p>

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<p>Fibre: At least 1g (Soya beverages and Tofu) At least 2g/100g (canned legumes and TVP)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g/100g, including sugar alcohols and non-digestible carbohydrates (canned legumes, tofu and TVP) 5g/100ml (soy beverages and yoghurt)</p> <p>Caffeine: no added</p> <p>GI: 0-40 GL: <15 (canned legumes and TVP) <10 (Soya beverages and yoghurt)</p>	<p>Fibre: At least 1g/100g/ml (Soya beverages and Tofu) At least 2g/100g (canned legumes and TVP)</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/100g, including sugar alcohols and non-digestible carbohydrates (canned legumes, tofu and TVP) 5g/100ml (soy beverages and yoghurt)</p> <p>Caffeine: no added</p> <p>GI: 0-55 GL: ≤15 (canned legumes and TVP) <12 (Soya beverages and yoghurt)</p>	<p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/100g, including sugar alcohols and non-digestible carbohydrates (canned legumes, tofu and TVP) 5g/100ml (soy beverages and yoghurt)</p> <p>Caffeine: 50mg per serving</p> <p>GI: 56-69 GL: At least 15 (soy beverages and yoghurt)</p>	<p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/100g, including sugar alcohols and non-digestible carbohydrates (canned legumes, tofu and TVP) 5g/100ml (soy beverages and yoghurt) Caffeine: 50mg per serving</p> <p>GI: 70+ GL: At least 20 (soy beverages and yoghurt)</p>
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Food Endorsement by the Glycemic Index Foundation SA
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FOOD GROUP: MEALS

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 15g/meal Saturated Fat: 6.0g/meal Trans fats: 0.4g/meal Mono-unsaturated fat: At least 2g/meal Cholesterol: 100 mg/meal</p> <p>Sodium: 500mg/meal</p> <p>Fibre: At least 2g/meal</p> <p>Protein: Minimum 15g Maximum 40g/meal</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/meal</p> <p>Caffeine: 15 mg/meal</p> <p>GI: 0-40 GL: 22</p>	<p>Fat: 20g/meal Saturated Fat: ≤7g/meal Trans fats: 0.5g/meal Mono-unsaturated fat: At least 2g/meal Cholesterol: 100 mg/meal</p> <p>Sodium: 600mg/meal</p> <p>Fibre: At least 2g/meal</p> <p>Protein: Minimum 15g Maximum 40g/meal</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/meal</p> <p>Caffeine: 15mg/meal</p> <p>GI: 0-55 GL: 25</p>	<p>Fat: 25g/meal Saturated Fat: 9g/meal Trans fats: 0.5g/meal Mono-unsaturated fat: At least 2.5g/meal Cholesterol: 100 mg/meal</p> <p>Sodium: 800 mg/meal</p> <p>Fibre: At least 1g/meal</p> <p>Protein: Minimum 15g Maximum 40g/meal</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/meal</p> <p>Caffeine: 50 mg/meal</p> <p>GI: 56-69 GL: 28</p>	<p>Fat: 30g/meal Saturated Fat: 14g/meal Trans fats: 0.5g/meal Mono-unsaturated fat: At least 4g/meal Cholesterol: 100 mg/meal</p> <p>Sodium: At least 1000 mg/meal</p> <p>Fibre: At least 1g/meal</p> <p>Protein: Minimum 20g Maximum 50g/meal</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g/meal</p> <p>Caffeine: 50 mg/100g</p> <p>GI: 70+ GL: At least 25</p>

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Food Endorsement by the Glycemic Index Foundation SA
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FOOD GROUP: MEALS-IN-A-GLASS

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 2g/100 ml Ready to Drink Mix, as per instructions, or no more than 7g fat/300 ml Saturated Fat: 0.8g/100 ml ready to drink mix or 10% of total kJ, including trans fats Trans fatty acids: 0.2g per serving Mono-unsaturated fats: At least 10% of total kJ plus omega-6, 5% of total kJ and omega-3, 0.5% of total kJ Poly-unsaturated fats: Omega-3 – 1% of total kJ Cholesterol: 100 mg per serving</p> <p>Sodium: <200mg/100 ml Fibre: At least 2.5g per serving ready to drink mix Protein: 25g per serving and a carb to protein ratio of 1:1, but preferably 2:1.</p> <p>Fructose: 0g added Sugar alcohols and non-digestible oligosaccharides: 15g per serving, ready to drink mix Caffeine: 10 mg/100 ml or <25 mg per serving</p> <p>GI: 0-40 GL: 15 - 20</p>	<p>Fat: 3g/100 ml Ready to Drink Mix, as per instructions in order to contain no more than 10g fat/300 ml Saturated Fat: 1.0g/100 ml ready to drink mix or 10% of total kJ, including trans fats Trans fatty acids: 0.2g per serving Mono-unsaturated fats: At least 10% of total kJ plus omega-6, 4% of total kJ and omega-3, 0.5% of total kJ Cholesterol: 100 mg per serving Sodium: <200mg/100 ml Fibre: At least 2g/serving ready to drink mix Protein: 25g per serving and a carb to protein ratio of 1:1, but preferably 2:1. Fructose: 0g added.</p> <p>Sugar alcohols and non-digestible oligosaccharides: 15g per serving, ready to drink mix. Caffeine: 10 mg/100 ml or <25 mg per serving</p> <p>GI: 0-55 GL: 15 - 20</p>	<p>Fat: 5g/100 ml Ready to Drink Mix, as per instructions in order to contain no more than 15g fat/300 ml Saturated Fat: 1.5g/100 ml ready to drink mix or 10% of total kJ, including trans fats Trans fatty acids: 0.3g per serving Mono-unsaturated fats: At least 10% of total kJ plus omega-6, 4% of total kJ, and omega-3, 0.5% of total kJ Cholesterol: 100 mg per serving Sodium: <200mg/100 ml Fibre: 2g per serving ready to drink mix Protein: 25g per serving and a carb to protein ratio of 1:1, but preferably 2:1. Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: 15g per serving, ready to drink mix. Caffeine: 10 mg/100 ml or <25 mg per serving GI: 56 – 69 GL: 20 - 25</p>	<p>Fat: 5g/100 ml Ready to Drink Mix, as per instructions in order to contain no more than 15g fat/300ml</p> <p>Saturated Fat: 1.5g/100 ml ready to drink mix or 10% of total kJ, including trans fats Tans fatty acids: 0.3g per serving Mono-unsaturated fats: At least 10% of total kJ plus omega-6, 4% of total kJ and omega-3, 0.5% of total kJ Cholesterol: 100 mg Sodium: At least 120mg/100 ml Fibre: 2g/serving ready to drink mix Protein: 25g per serving and a carb to protein ratio of 1:1, but preferably 2:1 or higher. Fructose: 0g added. Sugar alcohols and non-digestible oligosaccharides: 15g per serving, ready to drink mix Caffeine: 10 mg/100 ml or <25 mg per serving</p> <p>GI: 70+ GL: 25 - 30</p>

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Food Endorsement by the Glycemic Index Foundation SA
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FOODGROUP: STARCHES- RAW (e.g. rice, pasta, stampkoring, etc.)

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g /100g</p> <p>Saturated Fat: 1.5g/100g or 10% of total kJ</p> <p>Trans Fats: 0.1g/100g</p> <p>MUFAs: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: no added sodium</p> <p>Flour: no added sodium</p> <p>Fibre: 3g or more /100g, except for flour: 5g or more/100g (minimum requirement)</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 0-40</p> <p>GL: 15 per serving, cooked (maximum 30 g carbohydrates per serving)</p>	<p>Fat: 10g/100g</p> <p>Saturated Fat: 3.5g /100g or 10% of total kJ</p> <p>Trans Fats: 0.2g/100g</p> <p>MUFAs: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: No added sodium</p> <p>Flour: no added sodium</p> <p>Fibre: 1g or more /100g, except for flour: 5g or more/100g (minimum requirement)</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 0-55</p> <p>GL: 17 per serving, cooked (maximum 30 g carbohydrates per serving)</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 7.5g/100g or 10% of total kJ</p> <p>Trans Fats: 0.2g/100g</p> <p>MUFAs: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: no added sodium</p> <p>Flour: no added sodium</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 56 – 69</p> <p>GL: 20 per serving, cooked (maximum 30 g carbohydrates per serving)</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 7.5g/100g or ≤10% less of total kJ</p> <p>Trans Fats: 0.2g/100g</p> <p>MUFAs: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: N/A</p> <p>Flour: no added sodium</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 70+</p> <p>GL: At least 22 per serving, cooked (containing at least 30g carbohydrates)</p>

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Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOODGROUP: STARCHES- Ready to eat cooked starches and salads

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g /100g</p> <p>Saturated Fat: 1.5g/100g or 10% of total kJ</p> <p>Trans Fats: 0.1g/100g</p> <p>Mono-unsaturated fats: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: 200mg/100g</p> <p>Protein: n/a</p> <p>Fibre: 3g or more /100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 0-40</p> <p>GL: 15 per serving (maximum 30 g carbohydrates per serving)</p>	<p>Fat: 10g/100g</p> <p>Saturated Fat: 5g/100g or 10% of total kJ</p> <p>Trans Fats: 0.2g/100g</p> <p>Mono-unsaturated fats: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: 500mg/100g</p> <p>Fibre: 1g or more /100g</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 0-55</p> <p>GL: 17 per serving (maximum 30 g carbohydrates per serving)</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 7.5g/100g or 10% of total kJ</p> <p>Trans Fats: 0.2g/100g</p> <p>Mono-unsaturated fats: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: 600mg/100g</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 56 – 69</p> <p>GL: 20 per serving (maximum 30 g carbohydrates per serving)</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 7.5g/100g or 10% less of total kJ</p> <p>Trans Fats: 0.2g/100g</p> <p>Mono-unsaturated fats: n/a</p> <p>Cholesterol: n/a</p> <p>Sodium: N/A</p> <p>Protein: n/a</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10/100g, of which not more than 2g should be sugar alcohols</p> <p>Caffeine: 0mg</p> <p>GI: 70+</p> <p>GL: At least 22 per serving (containing at least 30g carbohydrates)</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOOD GROUP: STARCHES – BAKED PRODUCTS (including bread, bread rolls and crackers)

<i>Frequent Foods</i> <i>(Green+)</i>	<i>Often Foods</i> <i>(Green)</i>	<i>Active Foods</i>	<i>Exercise Foods</i>
<p>Fat: 3g /100g</p> <p>Saturated Fat: 1g/100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 30% of total fat, if fat is added</p> <p>Cholesterol: 20 mg/100g</p> <p>Sodium: 370mg/100g</p> <p>Caffeine: no added</p> <p>Fibre: At least 5g/100g</p> <p>Protein: 10g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g per 100g, of which not more than 2g should be sugar alcohols</p> <p>GI: 0-40</p> <p>GL: 9 per serving/slice of bread (maximum 15g carbohydrate per serving) and < 12 per bread roll</p>	<p>Fat: 10g/100g</p> <p>Saturated Fat: 3.5g /100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 30% of total fat, if fat is added</p> <p>Cholesterol: 20 mg/100g</p> <p>Sodium: 370mg/100g</p> <p>Caffeine: no added</p> <p>Fibre: At least 4g/100g</p> <p>Protein: 15g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g per 100g, of which not more than 2g should be sugar alcohols</p> <p>GI: 0-55</p> <p>GL: 11 per serving/slice of bread (maximum 22g carbohydrate per slice of bread)</p> <p><15 per bread roll</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 5g/100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 30% of total fat, if fat is added</p> <p>Cholesterol: 20 mg/100g</p> <p>Sodium: 800mg/100g</p> <p>Caffeine: no added</p> <p>Fibre: At least 2g/100g</p> <p>Protein: 15g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g per 100g, of which not more than 2g should be sugar alcohols</p> <p>GI: 56 – 69</p> <p>GL: 13 per serving/slice of bread (maximum 23g carbohydrate per serving) < 20 per bread roll</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 5g/100g or 10% of total kJ, including trans fats.</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 30% of total fat, if fat is added</p> <p>Cholesterol: 20 mg/100g</p> <p>Sodium: 1000 mg/100g</p> <p>For Sport: At least 500mg/100g</p> <p>Caffeine: no added</p> <p>Fibre: At least 2g/100g</p> <p>Protein: 15g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g per 100g, of which not more than 2g should be sugar alcohols</p> <p>GI: 70+</p> <p>GL: At least 10 per serving/slice of bread and at least 20 per roll</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOOD GROUP: STARCHES – SWEET BAKED PRODUCTS (including biscuits, rusks, muffins, scones, cakes, etc.)

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 3g /100g Saturated Fat: 1.5g/100g or 10% of total kJ Trans fatty acids: 0.1g/100g Mono-unsaturated fat: At least 20% of total fat, if fat is added Cholesterol: 80mg/100g</p> <p>Sodium: 370mg/100g Flour: no added sodium Caffeine: <25 mg per serving Fibre: 3g or more /100g, except for flour: 5g or more/100g (minimum requirement) Protein: 15g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 20g per 100g (cakes, muffins, scones, etc.) 15 g per 100 g (biscuits and rusks) GI: 0-40</p>	<p>Fat: 10g/100g Saturated Fat: 5g/100g or 10% of total kJ Trans fatty acids: 0.2g/100g Mono-unsaturated fat: At least 20% of total fat, if fat is added Cholesterol: 100mg/100g</p> <p>Sodium: 370mg/100g Flour: no added sodium Caffeine: <25 mg per serving Fibre: 2g or more /100g, except for flour: 5g or more/100g (minimum requirement) Protein: 15g/100g</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrate: 20g per 100g (Cakes, muffins, scones, etc.) and 15 g per 100g for biscuits and rusks GI: 0-55 GL: 10 (biscuits and rusks) with a maximum of 20g carbohydrate per serving GL: 12 (cakes, muffins, crumpets,) with a maximum of 20g carbohydrate per serving</p>	<p>Fat: 15g/100g or 30% of kJ Saturated Fat: 7.5g/100g or 10% of total kJ Trans fatty acids: 0.2g/100g Mono-unsaturated fat: At least 20% of total fat, if fat is added Cholesterol: 100mg/100g</p> <p>Sodium: 800mg/100g Flour: no added sodium Caffeine: <25 mg per serving Protein: 15g/100g</p> <p>Fructose: 0g added Sugar alcohols and non-digestible carbohydrate: 20g per 100g GI: 56 - 69</p>	<p>Fat: 15g/100g or 30% of kJ Saturated Fat: 7.5g/100g or 10% of total kJ. Trans fatty acids: 0.2g/100g Mono-unsaturated fat: At least 20% of total fat, if fat is added Cholesterol: 100mg/100g</p> <p>Sodium: 1000mg/100g For Sport: At least 500mg/100g Flour: no added sodium Caffeine: <25 mg per serving Protein: 15g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 20g per 100g (Cakes, muffins, scones, etc.) 15 g per 100g (biscuits and rusks)</p> <p>GI: 70+</p>

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Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOOD GROUP: STARCHES – BREAKFAST CEREALS and PORRIDGES (dry)

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g/100g</p> <p>Saturated Fat: 1.2g/100g or 10% of total kJ, including trans fats</p> <p>Trans fats: 0.3g/100g</p> <p>Mono-unsaturated: At least 10% of total fat</p> <p>Cholesterol: N/A</p> <p>Sodium: 390mg/100g (cereals and ready to eat porridges) Porridge: no added sodium</p> <p>Fibre: 3g or more /100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 7.5g /100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 0-40</p> <p>GL: 15 per serving</p>	<p>Fat: 10g/100g</p> <p>Saturated Fat: 3.5g/100g or 10% of total kJ, including trans fats</p> <p>Trans fats: 0.3g/100g</p> <p>Mono-unsaturated: At least 10% of total fat</p> <p>Cholesterol: N/A</p> <p>Sodium: 390mg/100g (cereals and ready to eat porridges) Porridge: no added sodium</p> <p>Fibre: 2g or more /100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 7.5g/100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 0-55</p> <p>GL: 20 per serving</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 7.0g/100g or 10% of total kJ, including trans fats</p> <p>Trans fats: 0.3g/100g</p> <p>Mono-unsaturated: At least 10% of total fat</p> <p>Cholesterol: N/A</p> <p>Sodium: 800mg/100g (cereals and ready to eat porridges) Porridge: no added sodium</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g/100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 56 – 69</p> <p>GL: ≤ 22</p>	<p>Fat: 15g/100g or 30% of kJ</p> <p>Saturated Fat: 7.0g/100g or 10% of total kJ, including trans fats.</p> <p>Trans fats: 0.3g/100g</p> <p>Mono-unsaturated: At least 10% of total fat</p> <p>Cholesterol: N/A</p> <p>Sodium: At least 300mg/100g, except for porridge Porridge: no added sodium</p> <p>Fibre: N/A</p> <p>Flour: no added sodium.</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g/100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 70+</p> <p>GL: ≥ 22</p>

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Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOODGROUP: FATS

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
None	None	<p>Total fat: 5g/100ml (coconut milk) 25g/100g (Lite mayonnaise and salad dressings) No added fat (nuts and seeds and -butters) 60g/100g (margarines and low fat spreads)</p> <p>Mono-unsaturated Fat: 40% or more per 100ml (oils) At least 1g/100ml (coconut milk) At least 3g/100g (margarines and low fat spreads) > 25% of total fat (Lite mayonnaise and salad dressings) At least 20g/100g, unless > 1g/100g of the PUFAs are omega 3s (nuts and -butters) At least 10g/100g, unless > 1g/100g of the PUFAs are omega 3s (seeds and -butters)</p> <p>Saturated Fat: 30% of total fat (oils, nuts, seeds, nut and seed butters) 4g/100ml (coconut milk) 7.0g/100g (Lite mayonnaise and salad dressings) 20g/100g (margarine and low fat spreads)</p> <p>Trans fat: 0.3g/100g (oils, coconut milk, nuts, seeds and nut and seed butters) 1% of total fat (margarines, low fat spreads, Lite mayonnaise and salad dressings)</p> <p>Cholesterol: 1mg/100g (oils, coconut milk, margarines, low fat spreads, nuts and seeds and nut and seed butters) 50mg/100g (Lite mayonnaise and salad dressings)</p>	None

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Nutrition Science Made Easy for the Nation

		<p>Sodium: 450mg/100g (margarines, low fat spreads and seed- and nut butters) 25mg/100ml (coconut milk) 120mg/100g (nuts) 300mg/serving (Lite mayonnaise and salad dressings)</p> <p>Fibre: N/A (except for nuts, seeds and -butters: inherent)</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible oligosaccharides: 0g (oils and coconut milk) 5g/100g (Lite margarines and low fat spreads) 10g/100g (Lite mayonnaise and salad dressing) No added (nuts and seeds and -butters)</p> <p>GI: 0 - 55 (nuts, seeds and -butters and salad dressings)</p> <p>GL: <4 per serving (nuts, Lite mayonnaise and salad dressings) <4 per serving of 30g (nut- and seed butters)</p>	
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Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
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FOODGROUP: VEGETABLES (fresh, frozen, dried and canned vegetables, pickled vegetables, ready to eat vegetable salads, vegetable juice and tomato-based pasta sauces)

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: No added fat (fresh, frozen and vegetable juice) 1g/100ml (vegetable juice) 2g/100g (canned, ready to eat vegetable salads and pickled veg)</p> <p>Saturated Fat: 0.5g/100ml (vegetable juice) 1g (canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Trans fats: 0.1g/100g/ml</p> <p>Mono-unsaturated fats: At least 10% of total fat (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Cholesterol: 0mg (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Sodium: no added sodium (frozen and dried), 120mg/100g (Vegetable juice), 200mg/100g (canned vegetables in sauce and ready to eat vegetable salads),</p>	<p>Fat: No added fat (fresh and frozen) 1g/100ml (vegetable juice) 2g/100g (canned, ready to eat vegetable salads and pickled veg)</p> <p>Saturated Fat: 0.5g/100ml (vegetable juice), 1g (canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Trans fats: 0.1g/100g/ml</p> <p>Mono-unsaturated fats: At least 10% of total fat (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Cholesterol: 0mg (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Sodium: no added sodium (frozen and dried), 120mg/100g (vegetable juice) 400mg/100g (canned vegetables in sauce and ready to eat vegetable salads) 1000 mg/100g (pickled vegetables)</p>	<p>Fat: No added fat (fresh and frozen) 1g/100ml (vegetable juice) 2g/100g (canned, ready to eat vegetable salads and pickled veg)</p> <p>Saturated Fat: 0.5g/100ml (vegetable juice), 1g (canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Trans fats: 0.1g/100g/ml</p> <p>Mono-unsaturated fats: At least 10% of total fat (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Cholesterol: 0mg (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Sodium: no added sodium (frozen and dried), 120mg/100g (vegetable juice) 500mg/100g (canned vegetables in sauce and ready to eat vegetable salads), 1000</p>	<p>Fat: No added fat (fresh and frozen) 1g/100ml (vegetable juice) 2g/100g (canned, ready to eat vegetable salads and pickled veg)</p> <p>Saturated Fat: 0.5g/100ml (vegetable juice) 1g (canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Trans fats: 0.1g/100g/ml</p> <p>Mono-unsaturated fats: At least 10% of total fat (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Cholesterol: 0mg (vegetable juice, canned, ready to eat vegetable salads and pickled vegetables)</p> <p>Sodium: N/A</p>

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<p>1000 mg/100g (pickled vegetables)</p> <p>Fibre: Inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 0g (fresh, frozen and dried)</p> <p>10g in total/100g (vegetable juice, canned vegetables in sauce and tomato-based pasta sauces, as well as pickled vegetables)</p> <p>Caffeine: 0mg</p> <p>GI: 0-40</p> <p>GL per serving: 5</p>	<p>Fibre: Inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 0g (fresh, frozen and dried)</p> <p>10g in total/100g (vegetable juice, canned vegetables in sauce and tomato-based pasta sauces, as well as pickled vegetables)</p> <p>Caffeine: 0mg</p> <p>GI: 0 - 55</p> <p>GL per serving: 5</p>	<p>mg/100g (pickled vegetables)</p> <p>Fibre: Inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 0g (fresh, frozen and dried)</p> <p>10g in total/100g (vegetable juice, canned vegetables in sauce and tomato-based pasta sauces, as well as pickled vegetables)</p> <p>Caffeine: 0mg</p> <p>GI: 56-69</p> <p>GL per serving: 5</p>	<p>Fibre: Inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 0g (fresh, frozen and dried)</p> <p>10g in total/100g (vegetable juice, canned vegetables in sauce and tomato-based pasta sauces, as well as pickled vegetables)</p> <p>Caffeine: 0mg</p> <p>GI: 70+</p> <p>GL per serving: 5</p>
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Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

FOODGROUP: FRUIT (Fresh, dried, canned, juice and fruit bars)

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 2g/100g</p> <p>Saturated Fat: 0.7g/100g or 10% of total kJ, including trans fats</p> <p>Cholesterol: n/a</p> <p>Sodium: 100mg/100g</p> <p>Fibre: inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g in total/100g</p> <p>Caffeine: 0mg</p> <p>GI: 0-40</p> <p>GL: 12</p>	<p>Fat: 2g/100g</p> <p>Saturated Fat: 0.7g/100g or 10% of total kJ, including trans fats</p> <p>Cholesterol: n/a</p> <p>Sodium: 120mg/100g</p> <p>Fibre: inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g in total/100g</p> <p>Caffeine: 0mg</p> <p>GI: 0 - 55</p> <p>GL: 15</p>	<p>Fat: 2g/100g</p> <p>Saturated Fat: 0.7g/100g or 10% of total kJ, including trans fats</p> <p>Cholesterol: n/a</p> <p>Sodium: 120mg/100g</p> <p>Fibre: inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g in total/100g</p> <p>Caffeine: 0mg</p> <p>GI: 56-69</p> <p>GL: 20</p>	<p>Fat: 2g/100g</p> <p>Saturated Fat: 0.7g/100g or 10% of total kJ, including trans fats</p> <p>Cholesterol: n/a</p> <p>Sodium: N/A</p> <p>Fibre: inherent</p> <p>Protein: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 10g in total/100g</p> <p>Caffeine: 0mg</p> <p>GI: 70+</p> <p>GL: 20+</p>

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Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: SNACK BARS AND MIXES, HEALTH BARS, SPORTS BARS, DIET BARS, NOUGAT, etc.

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 3g/100g</p> <p>Saturated fat: 1g/100g or 30% of total fat, including trans fats</p> <p>Trans fats: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 10% of total kJ</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 120mg/100g</p> <p>Fibre: 2g/100g</p> <p>Protein: 18g/100g and carb to protein ratio = 1:1, but preferably 2:1</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 20g per 100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 0-40</p> <p>GL: 10 per bar or packet</p>	<p>Fat: 10g/100g</p> <p>Saturated fat: 3.3g/100g or 30% of total fat, including trans fats</p> <p>Trans fats: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 10% of total kJ or 30% of total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 150mg/100g</p> <p>Fibre: 2g/100g</p> <p>Protein: 18g/100g and carb to protein ratio = 1:1, but preferably 2:1</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 20g per 100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 0-55</p> <p>GL: 12 per bar or packet</p>	<p>Fat: 15g/100g</p> <p>Saturated fat: 5g/100g or 30% of total fat, including trans fats</p> <p>Trans fats: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 10% of total kJ</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 150mg/100g</p> <p>Fibre: 1g/100g</p> <p>Protein: 20g/100g and carb to protein ratio = 1:1, but preferably 2:1</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 20g per 100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 56-69</p> <p>GL: 20 per bar</p> <p>NB. Endorsement will only be granted on the condition that the words "Best with/after exercise" appear directly under the Orange GIFSA logo</p>	<p>Fat: 15g/100g</p> <p>Saturated fat: 5g/100g or 30% of total fat, including trans fats</p> <p>Trans fats: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 10% of total kJ</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: At least 120mg/100g</p> <p>Fibre: 1g/100g</p> <p>Protein: 25g/100g and carb to protein ratio = 1:1, but preferably 2:1</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 20g per 100g</p> <p>Caffeine: <25 mg per serving</p> <p>GI: 70+</p> <p>GL: 25 Minimum and 50 maximum per bar or packet</p>

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Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: SAVOURY SNACKS (e.g. crisps, Pretzels, popcorn, biltong [can only qualify for Active Foods or Exercise Foods])

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g/100g Saturated fat: 1.5g/100g Trans fats: 0.2g per serving Mono-unsaturated fats: At least 20% of total fat Cholesterol: None!</p> <p>Protein: 7g/100g (crisps, Pretzels, etc.)</p> <p>Sodium: 680mg/100g Fibre: 2g/100g (Minimum) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g in total/100g Caffeine: 0mg GI: 0-40 GL: 10</p>	<p>Fat: 10g/100g Saturated fat: 5g/100g or 10% of total kJ, including trans fats Trans fats: 0.2g per serving Mono-unsaturated fats: At least 20% of total fat Cholesterol: 50mg/100g Protein: 8g/100g (crisps, Pretzels, etc.) Sodium: 680mg/100g Fibre: 2g/100g (Minimum) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g in total/100g Caffeine: 0mg GI: 0-55 GL: 12</p>	<p>Fat: 15g/100g Saturated fat: 7.5g/100g Trans fats: 0.2g per serving Mono-unsaturated fats: At least 20% of total fat Cholesterol: 50mg/100g Protein: 21g per serving (biltong and dried wors) 7g/100g (crsps, Pretzels, etc.) Sodium: 800mg/100g Fibre: 0.7g/100g (Minimum) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g in total/100g Caffeine: 0mg GI: 56-69 GL: 15</p>	<p>Fat: 15g/100g Saturated fat: 7.5g/100g or 10% of total kJ Trans fats: 0.2g per serving Mono-unsaturated fats: At least 20% of total fat Cholesterol: 50mg/100g Protein: 21g per serving (biltong and dried wors) 7g/100g (crisps, Pretzels, etc.) Sodium: At least 300mg/100g Fibre: 0.7g/100g (Minimum) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 10g in total/100g Caffeine: 0mg GI: 70+ GL: At least 20 per serving</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: SWEETS AND NON-CHOCOLATE CONFECTIONERY (e.g. boiled and jelly type sweets)

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g/100g</p> <p>Saturated fat: 1g/100g OR 10% of total kJ, including trans fats</p> <p>Trans fats: 0.1g/100g</p> <p>Mono-unsaturated fats: At least 30% of the total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 50mg/100g</p> <p>Protein: 3g/100g</p> <p>Fibre: Preferably 1g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 15g per 100g</p> <p>Proviso (on sweets that contain more than 20g sugar alcohols and/or non-digestible carbohydrates per 100g): It MUST STATE on the product: "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: <25mg/100g</p> <p>GI: 0-40</p> <p>GL: 10 per serving containing 15g (1 UNIT) carbohydrate</p>	<p>Fat: 3g/100g</p> <p>Saturated fat: 1g/100g OR 10% of total kJ, including trans fats</p> <p>Trans fats: 0.1g/100g</p> <p>Mono-unsaturated fats: At least 30% of the total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 50mg/100g</p> <p>Protein: 3g/100g</p> <p>Fibre: Preferably 1g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 15g per 100g</p> <p>Proviso (on sweets that contain more than 20g sugar alcohols and/or non-digestible carbohydrates per 100g): It MUST STATE on the product: "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: <25mg/100g</p> <p>GI: 0-55</p> <p>GL: 10 per serving containing 15g (1 UNIT) carbohydrate</p>	<p>Fat: 10g/100g</p> <p>Saturated fat: 3.3g/100g OR 10% of total kJ, including trans fats</p> <p>Trans fats: 0.1g/100g</p> <p>Mono-unsaturated fats: At least 30% of the total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 50mg/100g</p> <p>For Sport: preferably at least 300mg/100g</p> <p>Protein: 6g/100g</p> <p>Fibre: Preferably 1g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 15g per 100g</p> <p>Proviso (on sweets that contain more than 20g sugar alcohols and/or non-digestible carbohydrates per 100g): It MUST STATE on the product: "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: <50mg/100g</p> <p>GI: 56-69</p> <p>GL: 12 per serving containing 15g (1 unit) carbohydrate</p>	<p>Fat: 15g/100g</p> <p>Saturated fat: 5g/100g or 10% of total kJ, including trans fats</p> <p>Trans fats: 0.1g/100g</p> <p>Mono-unsaturated fats: At least 30% of the total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: For Sport: preferably at least 400mg/100g</p> <p>Protein: 6g/100g</p> <p>Fibre: Preferably 1g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: 15g per 100g</p> <p>Proviso (on sweets that contain more than 20g sugar alcohols and/or non-digestible carbohydrates per 100g): It MUST STATE on the product: "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: < 50mg/100g</p> <p>GI: 70+</p> <p>GL: 15 per serving containing 15g (1 UNIT) carbohydrate</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: CHOCOLATE, CHOCOLATE BARS, AND ICE CREAM BARS/ON STICKS

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 10g/100g Saturated fat: 4.5g/100g OR 10% of total kJ, including trans fat Trans fat: 0.2g Mono-unsaturated fat: At least 20% of total fat Cholesterol: 50mg Sodium: 120mg/100g Protein:carb ratio: preferably 1:2 with a minimum of 1:1.2 (protein to carb ratio) Fibre: Preferably 1g/100g Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/100g Caffeine: <50 mg per serving GI: 0-40 GL: 10 per serving containing 15g (1 UNIT) carbohydrate</p>	<p>Fat: 13g/100g Saturated fat: 6g/100g OR 10% of total kJ, including trans fat Trans fat: 0.2g Mono-unsaturated fat: At least 20% of total fat Cholesterol: 80mg Sodium: 150mg/100g Protein:carb ratio: preferably 1:2 with a minimum of 1:1.2 (protein to carb ratio) Fibre: Preferably 1g/100g Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/100g Caffeine: <50 mg per serving GI: 0-55 GL: 10 per serving containing 15g (1 UNIT) carbohydrate</p>	<p>Fat: 18g/100g Saturated fat: 8.5g/100g OR 10% of total kJ, including trans fat Trans fat: 0.2g Mono-unsaturated fat: At least 20% of total fat Cholesterol: 80mg Sodium: 150mg/100g Protein:carb ratio: preferably 1:2 with a minimum of 1:1.2 (protein to carb ratio) Fibre: Preferably 1g/100g Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/100g Caffeine: <50 mg per serving GI: 56-69 GL: 12 per serving containing 15g (1 UNIT) carbohydrate</p>	<p>Fat: 20g/100g Saturated fat: 9.5g/100g or 10% of total kJ, including trans fat Trans fat: 0.2g Mono-unsaturated fat: At least 20% of total fat Cholesterol: 80mg Sodium: At least 200 mg/100g Protein:carb ratio: Minimum 1:2 (carbs may be higher) Fibre: Preferably 1g/100g Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/100g Caffeine: <50mg per serving GI: 70+ GL: 15 per serving containing 15g (1 UNIT) carbohydrate</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: PUDDINGS AND DESSERTS

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g/100g solids and 1.5g fat/100 ml for liquids like dairy desserts</p> <p>Saturated fat: 1.5g/100g OR 10% of total kJ</p> <p>Trans fatty acids: 0.1g/100g</p> <p>Sodium: 150mg/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 10g per 100g</p> <p>Caffeine: 10 mg per 100 g</p> <p>GI: 0-40</p> <p>GL: 10</p>	<p>Fat: 10g/100g for solids and 5g fat/100g for liquids like dairy desserts</p> <p>Saturated fat: 1.5g/100g OR 10% of total kJ</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: At least 20% of total kJ</p> <p>Sodium: 150mg/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 10g per 100g</p> <p>Caffeine: 10 mg per 100 g</p> <p>GI: 0-55</p> <p>GL: 10</p>	<p>Fat: 15g/100g</p> <p>Saturated fat: 7.5g/100g OR 10% of total kJ</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Sodium: 200mg/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 10g per 100g</p> <p>Caffeine: 10 mg per 100g</p> <p>GI: 56-69</p> <p>GL: 12</p>	<p>Fat: 15g/100g</p> <p>Saturated fat: 7.5g/100g or 10% of total kJ</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Sodium: At least 120mg/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrate: 10g per 100g</p> <p>Caffeine: 10 mg per 100g</p> <p>GI: 70+</p> <p>GL: At least 20</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: SPORTS, ENERGY, REHYDRATING DRINKS AND COLDDRINKS

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 1g/100ml Saturated fat: 10% of total fat Trans fatty acids: None Mono-unsaturated fat: N/A Cholesterol: None Sodium: At least 20mg/100 ml (Sports, energy and rehydrating drinks) Maximum 100mg/100ml (cold drinks) Protein: 1g/100g Fibre: N/A Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/500ml Caffeine: 17mg per 100 ml with a maximum of 60mg per 500 ml serving Quinine: 8mg per 100ml Proviso: (if the product contains this amount of quinine): Warning: "contains quinine which may illicit an allergic response". GI: 0-40 GL: 10 per 350ml serving</p>	<p>Fat: 1g/100ml Saturated fat: 10% of total kJ Trans fatty acids: None Mono-unsaturated fat: N/A Cholesterol: None Sodium: At least 20mg/100 ml (Sports, energy and rehydrating drinks) Maximum 100mg/100ml (cold drinks) Protein: 1g/100ml Fibre: N/A Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/500ml Caffeine: 17mg per 100 ml with a maximum of 60mg per 500 ml Quinine: 8mg per 100ml Proviso: (if the product contains this amount of quinine): Warning: "contains quinine which may illicit an allergic response". GI: 0-55 GL: 12 per 350ml serving</p>	<p>Fat: 1g/100ml Saturated fat: 10% of total fat Trans fatty acids: None Mono-unsaturated fat: N/A Cholesterol: None Sodium: At least 30mg/100 ml (Sports, energy and rehydrating drinks) Maximum 100mg/100ml (cold drinks) Protein: 3g/100ml Fibre: N/A Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/500ml Caffeine: 17mg per 100 ml Quinine: 8mg per 100ml Proviso (if the product contains this amount of quinine): Warning: "contains quinine which may illicit an allergic response". GI: 56-69 GL: 23 per 500ml (if the sweetening agent or main carbohydrate source is high GI, the GL of one serving must be ≤ 6)</p>	<p>Fat: 1g/100ml Saturated fat: 10% of total fat Trans fatty acids: None Mono-unsaturated fat: N/A Cholesterol: None Protein: 3g/100ml Fibre: N/A Sodium: At least 30mg/100 ml (Sports, energy and rehydrating drinks) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 15g/500ml Caffeine: 17mg per 100 ml Quinine: 8mg per 100ml Proviso (if the product contains this amount of quinine): Warning: "contains quinine which may illicit an allergic response". GI: 70+ GL: 25 Minimum and 50 Maximum per 500ml</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: SWEET AND SAVOURY BREAD SPREADS (Jams, honey, syrup, fish paste, sandwich spread and dips, etc.)

Maximum quantities allowed

Frequent Foods (Green+)	Often Foods (Green)	Active Foods (Orange)	Exercise Foods
<p>Fat: 3g/100g Saturated fat: 1.5g/100g OR 10% of total kJ, including trans fats Trans fatty acids: 0.2g/100g Mono-unsaturated fat: Minimum 10% of total fat Cholesterol: 50 mg/100g Sodium: 500mg Protein: 16g/100g Fibre: At least 0.7g/100g (jams) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 20g/100g Sugar: 10g/serving Caffeine: 0mg GI: 0-40 GL: < 4 per 20 ml (25g) serving</p>	<p>Fat: 10g/100g Saturated fat: 5g/100g OR 10% of total kJ, including trans fats Trans fatty acids: 0.2g/100g Mono-unsaturated fat: Minimum 10% of total fat Cholesterol: 50 mg/100g Sodium: 600mg/100g Protein: 16g/100g Fibre: At least 0.7g/100g (jams) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: <25g/100g. If the sugar alcohol or polyol content, singly or in combination is in excess of 25 g per 100g of finished product then the following wording must appear on the product label: 'excessive consumption may have a laxative effect'. Sugar: 10g/serving Caffeine: 0mg GI: 0-55 GL: < 5 per 20 ml (25g) serving</p>	<p>Fat: 15g/100g Saturated fat: 7.5g/100g or 10% of total kJ, including trans fats Trans fatty acids: 0.2g/100g Mono-unsaturated fat: Minimum 10% of total fat Cholesterol: 60 mg/100g Sodium: 600g/100g Protein: 16g/100g Fibre: At least 0.5g/100g (jams) Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 20g/100g Sugar: 10g/serving Caffeine: 0mg GI: 56-69 GL: < 8 per 20 ml (25g) serving</p>	<p>Fat: 15g/100g Saturated fat: 7.5g/100g or 10% of total kJ, including trans fats Trans fatty acids: 0.2g/100g Mono-unsaturated fat: Minimum 10% of total fat Cholesterol: 60 mg/100g Protein: 16g/100g Fibre: N/A Sodium: 800mg/100g Fructose: 0g added Sugar alcohols and non-digestible carbohydrates: 20g/100g Caffeine: 0mg GI: 70+ GL: 10 per 20 ml (25g) serving</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: CONDIMENTS AND SPICES AND PASTA SAUCES (tomato sauce, mustard, marinades and non-tomato pasta sauces)

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 3g/100g</p> <p>Saturated fat: 1g per 100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: preferably 30% of total fat</p> <p>Cholesterol: 50mg</p> <p>Sodium: 800mg/100g 300mg/serving (pasta sauces)</p> <p>Protein: <4g/100g</p> <p>Fibre: 0.5g/100g</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: max 10g per 100g</p> <p>Caffeine: 0 mg</p> <p>GI: 0-40</p> <p>GL: 3 (maximum serving size 30ml)</p>	<p>Fat: 10g per 100g</p> <p>Saturated fat: 3.3g per 100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: preferably 30% of total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 800mg/100g 300mg/serving (pasta sauces)</p> <p>Protein: <4g/100g</p> <p>Fibre: should contain <u>some</u> fiber</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: max 10g per 100g</p> <p>Caffeine: 0 mg</p> <p>GI: 0-55</p> <p>GL: 3 (maximum serving size 30ml)</p>	<p>Fat: 12g/100g</p> <p>Saturated fat: 4g/100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: preferably 30% of total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: 800mg/100g 300mg/serving (pasta sauces)</p> <p>Protein: <4g/100g</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: max 10g per 100g</p> <p>Caffeine: 0 mg</p> <p>GI: 56-69</p> <p>GL: 4 (maximum serving size 30ml)</p>	<p>Fat: 12g/100g</p> <p>Saturated fat: 4g/100g or 10% of total kJ, including trans fats</p> <p>Trans fatty acids: 0.2g/100g</p> <p>Mono-unsaturated fat: preferably 30% of total fat</p> <p>Cholesterol: 50mg/100g</p> <p>Sodium: N/A</p> <p>Protein: <4g/100g</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: max 10g per 100g</p> <p>Caffeine: 0 mg</p> <p>GI: 70+</p> <p>GL: 5</p>

Specifications for the GI Foundation of SA (GIFSA) health endorsement logos 2022/02/10



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

MISCELLANEOUS: SWEETENERS and SUGARS (Tablets, sachets/sticks, shakes/"spoon for spoon" and liquids)

Maximum quantities allowed

<i>Frequent Foods (Green+)</i>	<i>Often Foods (Green)</i>	<i>Active Foods (Orange)</i>	<i>Exercise Foods</i>
<p>Fat: 0g/100g</p> <p>Saturated fat: 0g per 100g</p> <p>Trans fatty acids: 0g/100g</p> <p>Mono-unsaturated fat: N/A</p> <p>Cholesterol: 0mg/100g</p> <p>Sodium: 100mg/100g</p> <p>Protein: <1g/100g</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: Maximum 20g per 100g allowed. Proviso: on Sweeteners that are 100% sugar alcohols and/or non-digestible carbohydrates: It MUST STATE on the product "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: 0 mg</p> <p>GI: 0-40</p> <p>GL: < 1 per serving</p>	<p>Fat: 0g per 100g</p> <p>Saturated fat: 0g per 100g</p> <p>Trans fatty acids: 0g/100g</p> <p>Mono-unsaturated fat: N/A</p> <p>Cholesterol: 0mg/100g</p> <p>Sodium: 100mg/100g</p> <p>Protein: <1g/100g</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: Maximum 20g per 100g allowed. Proviso: on Sweeteners that are 100% sugar alcohols and/or non-digestible carbohydrates): It MUST STATE on the product "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: 0 mg</p> <p>GI: 0-55, "or higher in those cases where the GL spec is met"</p>	<p>Fat: 0g/100g</p> <p>Saturated fat: 0g/100g</p> <p>Trans fatty acids: 0g/100g</p> <p>Mono-unsaturated fat: N/A</p> <p>Cholesterol: 0mg/100g</p> <p>Sodium: 100mg/100g</p> <p>Protein: <2g/100g</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: Maximum 20g per 100g allowed. Proviso: on Sweeteners that are 100% sugar alcohols and/or non-digestible carbohydrates): It MUST STATE on the product "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: 0mg</p> <p>GI: 56-69, "or higher in those cases where the GL spec is met".</p> <p>GL: 4 per serving</p>	<p>Fat: 0g/100g</p> <p>Saturated fat: 0g/100g</p> <p>Trans fatty acids: 0g/100g</p> <p>Mono-unsaturated fat: N/A</p> <p>Cholesterol: 0mg/100g</p> <p>Sodium: N/A</p> <p>Protein: <2g/100g</p> <p>Fibre: N/A</p> <p>Fructose: 0g added</p> <p>Sugar alcohols and non-digestible carbohydrates: Maximum 20g per 100g allowed. Proviso: on Sweeteners that are 100% sugar alcohols and/or non-digestible carbohydrates): It MUST STATE on the product "Excessive consumption may cause a laxative effect"</p> <p>Caffeine: 0mg</p> <p>GI: 70+</p> <p>GL: 5 per serving</p> <p>Proviso: The words:</p>

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Food Endorsement by the Glycemic Index Foundation SA
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<p>Proviso: The words: "The recommended dose for polyols is 4 tsp (20 ml) at one sitting" should be added to the label in bold letters, minimum 2mm lettering size.</p>	<p>GL: <1.5 per serving Proviso 1: if the sweetening agent or main carbohydrate source is high GI, the GL of one serving must be < 2. Proviso 2: The words: "The recommended dose for polyols is 4 tsp (20 ml) at one sitting" should be added to the label in bold letters, minimum 2mm lettering size.</p>	<p>Proviso: The words: "The recommended dose for polyols is 4 tsp (20 ml) at one sitting" should be added to the label in bold letters, minimum 2mm lettering size.</p>	<p>"The recommended dose for polyols is 4 tsp (20 ml) at one sitting" should be added to the label in bold letters, minimum 2mm lettering size.</p>
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Compiled by Liesbet Delport RD (SA) and Gabi Steenkamp RD (SA)

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