

RULES

for the use of

THE CERTIFICATION TRADE MARK

of the

GLYCEMIC INDEX FOUNDATION



The Certification Trade Mark

General

1. The Certification Trade Mark is the mark shown above which is Australian certification trade mark number 1779430 and is owned by the Glycemic Index Foundation.
2. The purpose of the Certification Trade Mark is to provide consumers with an easily recognisable symbol that a Product bearing the mark has had its Glycemic Index tested in accordance with the International Standard (ISO 26642:2010); that the GI value stated on the packaging is accurate; that the GI value of the Product is at least 25% less than the Average GI Value of Like Products; and that the Product is a healthy choice because it meets nutrition criteria consistent with international dietary guidelines (the GI Symbol Program).
3. The GI is a ranking of carbohydrates in foods and beverages according to the extent to which they increase blood glucose levels after being consumed. Foods/beverages with a high GI value contain carbohydrate that is rapidly digested, absorbed and metabolised, and consequently produce a rapid and large rise in the level of blood glucose. Foods with a lower GI value contain carbohydrate which is more slowly digested, absorbed and metabolised, thereby resulting in a gradual, relatively lower rise in the level of blood glucose.
4. The average daily GI of a person's diet has important implications for health. Results from

large-scale epidemiological studies have shown that the long-term consumption of a diet with a high glycemic index increases the risk of developing type 2 Diabetes, heart disease and certain cancers. In addition, results from experimental studies show that lower GI diets can improve blood glucose management and insulin sensitivity in people with diabetes, reduce high blood lipid levels, and can be useful for weight management.

5. Cardiovascular disease (heart and stroke) and diabetes continue to be major causes of illness and death in industrialised countries. The GI Symbol program is designed to assist in the prevention and management of these diseases by encouraging food manufacturers to provide, and consumers to select, nutritionally healthy foods using the GI.
6. Funds surplus to the GI Symbol Program are invested in education about the health benefits of low GI and in work to make lower GI carbohydrate foods/beverages available in each food/beverage category.

Definitions and Interpretation

7. In these rules and the schedules hereto, where the context so permits or requires words in the singular shall include the plural, words in the plural shall include the singular and words importing the masculine gender shall include the feminine and neuter.
8. In these rules:

"Average GI Value of Like Products" is determined by the Foundation from Published GI Values available at the time an application for a licence is submitted to the Foundation and when a Product is retested under clause 24 or 25. There must be a minimum of five (5) Like Products with a GI value in order to determine an average GI value.

"Certification Trade Mark" means certification trade mark application number 1779430.

"Commission" means Australian Competition and Consumer Commission.

"Foundation" means the Glycemic Index Foundation Australian Company Number 096 268 147.

"GI" means Glycemic Index.

"Glycemic Index Testing Expert Advisory Group" means a panel chaired by the Foundation comprising independent experts in nutrition and/or food science and GI testing. Current members of the group are set out in Schedule D.

"International GI Tables" means Atkinson FS, Foster-Powell K, Brand-Miller JC.

International tables of glycemic index and glycemic load values: 2008. Diabetes Care. 2008 Dec;31(12):2281-3.

"International Standard or ISO 26642:2010" means International Standard ISO 26642:2010 (E) Food Products – Determination of the glycaemic index (GI) and recommendation for food classification.

"Like Products" means foods or beverages of the same type and product category, including similar formulation and processing as the food or beverage for which a Licence is sought, as determined by the Foundation.

"Laboratory" means a laboratory approved by the Foundation that determines GI in accordance with the approved methodology in ISO 26642:2010.

"Nutrient Criteria" means the nutrition criteria developed by the Foundation to ensure that a Product is a good source of carbohydrate and a healthy choice within its food group, including specified limits for energy (kilojoules/calories), total and saturated fat, sodium (salt), and where appropriate, dietary fibre and calcium, consistent with international dietary guidelines. In relation to a Product, Nutrient Criteria means the specific nutrient profile criteria for the category corresponding to that Product (as determined by the Foundation). The current criteria is prescribed in Schedule B, but may be amended by the Foundation from time to time to accord with international dietary guidelines.

"Products" means foods including beverages.

"Published GI Values" includes GI values tested according to ISO 26642:2010 published in peer-reviewed scientific journals such as the International GI Tables.

"Registrar" means Registrar of Trade Marks.

"Reformulation" any change that would likely affect the GI value of the Product or its eligibility to meet the Nutrient Criteria. Changes may include (but are not limited to): substitution of ingredients; changes to the relative amounts of ingredients; addition or subtraction of ingredients; changes to the source (eg: cultivar) of the ingredients; and/or the processing of the ingredients. In the case of a natural Product such as a fruit or vegetable, reformulation may include any change to growing conditions or location, processing, storage or transport conditions that may affect the GI value of the product(s) or its eligibility to maintain Certification.

Property in the Certification Trade Mark

9. The Certification Trade Mark is the absolute property of the Glycemic Index Foundation. No person shall use the Certification Trade Mark except with the written authority of the Foundation.
10. The Foundation may use, and authorise others to use, the Certification Trade Mark for

administrative, educational, advertising and promotional purposes in connection with a Product authorised to display the Certification Trade Mark and in connection with materials promoting lower GI eating principles.

Use of the Certification Trade Mark

11. Use of the Certification Trade Mark in connection with Products shall be authorised by the grant of a licence to use the Certification Trade Mark to an applicant who makes application for such a licence in accordance with these rules provided:
 - (a) the Products have been tested and determined to have a GI of less than or equal to 69 in accordance with ISO 26642:2010. ISO 26642:2010 is subject to copyright and a copy can be purchased directly from the ISO website at: http://www.iso.org/iso/catalogue_detail.htm?csnumber=43633;
 - (b) the GI of the Product is at least 25% less than the Average GI Value of Like Products;
 - (c) the Products meet the Nutrient Criteria for the relevant Product category; and
 - (d) the applicant certifies to the Foundation that the Products and associated packaging and promotional material comply with all relevant laws, regulations and codes of practice including the Competition and Consumer Act 2010 and are in accordance with the Foundation's current usage and advertising guidelines which may be amended by the Foundation from time to time.
12. On receipt of an application, the Foundation's Chief Scientific Officer (or delegate) will conduct a review of Published GI Values to determine the Average GI Value of Like Products. The Chief Scientific Officer may refer the matter to the Glycemic Index Testing Expert Advisory Group for advice.
13. The applicant must provide the Foundation with any required information, co-operation and assistance to enable the Foundation to satisfy itself that the product will continue to meet the requirements of clause 11 at all stages of its production and processing up to and including the time of supply to the end consumer.
14. In the case of fresh produce or commodity-type goods, the Foundation may, in its sole discretion, decide to grant a licence to the licensor of plant breeding/growing rights, an industry representative or co-operative or marketing organisation or similar industry body which fulfils the criteria set out in clause 11, and not to individual growers or producers.

15. A licence to use the Certification Trade Mark will usually be granted for a period of twelve months but a licence for a period longer than twelve months may be granted when, in the opinion of the Foundation, the circumstances are deemed to be appropriate.
16. A licensee shall only use the Certification Trade Mark on Products which are covered by the licence and which comply with the Nutrient Criteria.

Application and Procedures for Permission to Use the Mark

17. An application for a licence to use the Certification Trade Mark shall be made in writing and addressed to the Chief Executive Officer of the Foundation and be in the form set out in Schedule C.
18. An application made in accordance with clause 17 of these rules shall normally include:
 - (a) information relating to the market profile of the Products including but not limited to budgeted gross ex-factory sales of the Product for which a licence to use the Certification Trade Mark is sought;
 - (b) samples of the Product and all intended packaging and promotional material;
 - (c) the GI testing report in accordance with ISO 26642:2010; and
 - (d) nutrient content as per the Product's nutrition information panel and other nutrients required by the Nutrient Criteria.
19. The Foundation may require an applicant to submit, at its cost, a nutritional composition analysis for the Product from an independent accredited laboratory.
20. If:
 - (a) the results of the analysis of samples by the Laboratory show that the Products of the applicant have been determined to have a lower GI classification;
 - (b) the Products meet the Nutrient Criteria; and
 - (c) the Foundation is satisfied that the other criteria set out in clause 11-16 are met,the Foundation shall issue a licence to the applicant to use the Certification Trade Mark in respect of those Products which meet the prescribed standards.
21. Within six (6) weeks of receiving samples accompanied by a Sample Submission Form, if the Products do not meet the standards prescribed by these rules, or the Foundation is not satisfied that the other criteria of clauses 11-16 have been met, the Foundation will refuse to grant a licence to the applicant to use the Certification Trade Mark in connection with that

Product, and shall notify the applicant in writing of its refusal to grant a licence.

22. If prior to an applicant applying for a licence in accordance with clauses 17 and 18 of these rules, the Product for which a licence is sought has already been analysed by a Laboratory (in accordance with the methods of ISO 26642:2010), no formulation changes have been made to the Product, and the results of the analysis are sent by the Laboratory to the Chief Executive Officer, the Foundation may in its absolute discretion determine that the analysis provided for in clauses 18 and 19 is not required in respect of those Products, before it makes its determination in accordance with clauses 20 and 21.

Licence Conditions

23. It shall be a condition of each licence to use the Certification Trade Mark granted in accordance with these rules that the licensee shall pay to the Foundation, a licence fee which is reasonable having regard to the market profile of the Products including but not limited to the budgeted gross ex-factory sales of the Products for which a licence to use the Certification Trade Mark is sought.

Monitoring the Use of the Mark

24. The Foundation may from time to time during the period of the licence to use the Certification Trade Mark in respect of the Products, effect random sampling of such Products in the market place and may cause such sample Products to be analysed to ensure that they meet the standards prescribed in these rules.
25. A licensee must retest a Product in accordance with ISO 26642:2010 and provide the GI test result to the Foundation:
 - (a) after any Reformulation;
 - (b) after a Product (or Reformulated Product) has been licensed for a total of 24 months, or 12 months in the case of a natural Product;

Any cost of retesting in accordance with this clause will be borne by the licensee.

26. In the event that any of the Products sampled or re-tested under clause 24 or 25 do not meet the standards prescribed in these rules either because:
 - (a) the GI test shows a value greater than 69; or
 - (b) the GI value of the Product is no longer at least 25% less than the Average GI Value of Like Products; or

- (c) the Reformulated Product no longer meets the Nutrient Criteria for the category corresponding to that Product

the Foundation shall notify the licensee in writing.

- 27. The licensee shall, within 20 business days of receipt by the licensee of a notification in accordance with clause 26 (or such longer period agreed with the Foundation), provide the Foundation with a renovation or quality control plan (including further GI testing at the Licensee's cost) to ensure that the Products meet the standards prescribed in these rules. If the licensee fails to comply with this rule, then its licence granted to use the Certification Trade Mark will be revoked.

Action by a Licensee on Expiry of a Licence

- 28. Upon expiry of the period for which a licence is granted or upon revocation by a licensee of a licence in accordance with the provisions of clause 26, the licensee:
 - (a) agrees not to use the Certification Trade Mark in its advertising or other promotional activities or hold itself out as being entitled to use the Certification Trade Mark;
 - (b) will send to the Foundation all relevant packaging bearing the Certification Trade Mark, and all unused labels, stickers, tags, posters and the like bearing the Certification Trade Mark; and
 - (c) pay any outstanding amounts to the Foundation.

Amendment of the Rules and Schedules

- 29.
 - (a) If the Foundation wishes to alter these rules, it shall apply to the Trade Marks Office for permission to make such alterations.
 - (b) no proposed alteration of these rules shall have effect until the Trade Marks Office has made such alteration in accordance with its regulatory requirements.

Register of Authorised Users of the Certification Trade Mark

- 30. The Foundation shall establish and maintain a register which shall contain details of all licensed users of the Certification Trade Mark. This register shall be kept at the office of the Foundation and shall be available to members of the public on request.

31. The Foundation may if it so desires from time to time specify additional particulars for inclusion in the register.
32. The Foundation shall keep at its principal office a copy of these rules including the schedules to these rules, and of all of the standards, specifications and testing procedures referred to in these rules and in the schedules to these rules and of any amendments thereof and such copies shall be made available to the public on request.

Resolving Disputes

33. Where a dispute arises under these rules between the Foundation and the licensee, the parties must comply with the following dispute resolution process:
 - (a) The complainant must tell the other party in writing:
 - (i) the nature of the dispute; and
 - (ii) what outcome the complainant wants; and
 - (iii) what action the complainant thinks will settle the dispute.
 - (b) If the dispute concerns whether the Product has a GI value that is at least 25% less than the Average GI Value of Like Products the dispute will be referred to the GI Testing Expert Advisory Group for determination.
 - (c) If the dispute concerns another matter the parties should try to agree about how to resolve the dispute.
 - (c) If the parties can not agree under sub-clause (c) above within 14 days, either party may refer the matter to a mediator.
 - (d) If the parties can not agree on the mediator, then the parties agree that the President of the Law Society for the time being can nominate the mediator.
 - (e) The mediator may decide the time and place for mediation however, the parties agree that mediation shall be held in Sydney, Australia, or via video conference, as appropriate and agreeable.
 - (f) The parties must attend the mediation and try to resolve the dispute.
34. Despite the dispute resolution procedures above, a party may seek injunctive relief from an appropriate court, where failure to obtain such relief would cause irreparable damage to the party concerned.

SCHEDULE A

Approved GI Testing Laboratories

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SCHEDULE B

Product Eligibility and Nutrient Criteria

(Updated November 2015)

- The nutrient criteria aim to include foods which:
 - contain carbohydrate
 - are not too high in kilojoules
 - are not too high in saturated fat
 - are moderate in sodium and
 - are a source of fibre (where appropriate)

In addition, there are calcium content criteria for some dairy products, or alternatives.

It is important that the GI value is not regarded as the sole determinant of food choice – just as the kilojoule, fat or carbohydrate content should not be.

- The GI symbol program criteria do not include criteria related to the amount of sugars as the GI is a more complete indicator of how foods affect blood glucose levels.
- Nutritional information (e.g. nutrition information panel data) and GI testing data need to be provided to the Glycemic Index Foundation to assess eligibility against the criteria.

Guidelines for Product Acceptability

To be eligible, foods must:

1. Contain at least 7.5g carbohydrate per serve, OR be $\geq 80\%$ carbohydrate AND be traditionally served in multiple units of small serve sizes (eg. nutritive sweeteners) as part of one meal or snack.
2. Have had their GI determined using the International Standards organisation methodology (ISO 26642:2010).
3. Have a nutritional composition that meets the required Nutrient Criteria for the appropriate food category (see below).
4. Meet the requirements of the Glycemic Index Foundations Glycemic Index Testing Policy

Notes:

- 1 'per serve' in this document refers to the manufacturer's stated serving size on product label, or for unpackaged products, to generally accepted serving sizes.
2. As per the Food Standards Australia New Zealand Food Standards Code, allowance will be made for normal variations in the composition of foods.

General Exclusion

High and intermediate GI soft drinks, cordials, confectionery, sugars and syrups.

Nutrient Criteria

1. CEREAL GRAINS AND PRODUCTS

Breads and Crispbreads (including rice/corn cakes)

<i>Fat</i>	≤ 15 g/100g, provided that saturated fat is ≤ 5 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	450 mg/100 g or less
<i>Dietary fibre</i>	3 g/100 g or more

Breakfast Cereals (Including muesli, bran based cereals, clusters, oat based cereals etc)

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g (or up to 15g/100g if the source of saturated fat is grains, seeds or nuts).
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Bran

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Breakfast biscuits

<i>Energy</i>	2,200 kJ per serve, or less
<i>Saturated Fat</i>	No more than 33 % of total fat content
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Bakery Products

Includes cakes, muffins, slices, fruit pies, pikelets, pancakes, crumpets, waffles, hotcakes, breakfast cereal bars and fruit-filled bars, and sweet biscuits (fresh, frozen or made from packet mix).

<i>Energy</i>	≤ 1500 kJ per 100 g or ≤ 750 kJ per serve.
<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve or less
<i>Dietary fibre</i>	3 g/100 g or more
<i>Sodium</i>	400 mg/100 g or less

Muesli bars (grain and cereal based bars e.g. oats, quinoa, nuts, dried fruit)

<i>Energy</i>	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
<i>Saturated fat</i>	No more than 40 % of total fat content
<i>Carbohydrate</i>	35 g per serve or less
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	300 mg/100 g or less

Plain Grains, Flours and Pasta

All acceptable (eg. oats, pasta, noodles, rice, couscous, polenta, wheat, barley, burghul, tapioca, sago, quinoa).

Filled Pasta (e.g. ravioli), Instant/Savoury Noodles, Combined Pasta and Sauce Mixes, savoury and flavoured rice, quinoa or other grains served as an accompaniment to main meals e.g. rice/grain and vegetable mixes, microwave flavoured rice's.

These nutrient limits apply to the cooked products, ready for consumption.

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	60 g per serve, or less
<i>Sodium</i>	350 mg/100 g or less

2. NUTS, LEGUMES AND PRODUCTS

Nuts and seeds

<i>Fat</i>	Partially hydrogenated fat, or trans fat \leq 0.2g/100g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	200 mg/ 100 g or less

Dried legumes

All acceptable.

Canned, Vacuum-packed / Shelf stable e.g. baked beans

<i>Fat</i>	\leq 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	300 mg/100 g or less

Tofu, Tempeh, and TVP (textured vegetable protein) - based Products

<i>Fat</i>	\leq 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	450 mg/ 100 g or less

3. FRESH FRUIT AND FRUIT PRODUCTS

Fresh, Frozen (e.g. frozen fruit dessert), Dried (i.e. apricots, dates, prunes, etc...) or Canned Fruit

All fresh fruits acceptable.

<i>Fat</i>	No added fat, unless used as a processing aid (< 5 g /100 g)
<i>Carbohydrate</i>	35 g per serve, or less

Dried Fruit Bars

For example, dried fruit bars and fruit straps.

<i>Fat</i>	≤ 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	no added sodium
<i>Dietary fibre</i>	3g/100g or more
<i>Energy</i>	≤ 1100 kJ/100g or ≤ 500 kJ/serve

Fruit or Vegetable juice

100% fruit juice or 100% fruit/vegetable juice blend (1 serve = 125 mL)

<i>Energy</i>	≤ 375 kJ per serve
<i>Carbohydrate</i>	≤35 g per serve or glycemic load 19 g/% per serve, or less
<i>Sodium</i>	220 mg/100 g or less

Fruit and Nut Mix – combination of dried fruit (typically sultanas, currants or raisins) and nuts

<i>Energy</i>	≤ 870 kJ per serve.
<i>Fat</i>	Partially hydrogenated fat, or trans fat ≤ 0.2g/100g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	200 mg/100 g or less

Trail Mix (Gorp or Scroggin) – combination nuts, seeds and mixed dried fruit

<i>Energy</i>	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
<i>Fat</i>	15 g /100 g or less
<i>Saturated fat</i>	No more than 33% of total fat content
<i>Carbohydrate</i>	35 g per serve, or less
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	300 mg/100 g or less

4. FRESH VEGETABLES AND VEGETABLE PRODUCTS

Fresh, Frozen, or Dried Vegetables

All fresh vegetables acceptable.

<i>Fat</i>	No added fat, unless used as a processing aid (5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g)
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	No added sodium

Canned Vegetables With or Without Sauce

<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	300mg /100 g or less

5. MILK, DAIRY PRODUCTS AND ALTERNATIVES

Milk Fluid and Dried (as reconstituted) and Dairy Drinks (plain and flavoured)

<i>Fat</i>	2 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is \leq 33% of total fat
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	100 mg/100 g or more

Soy and Alternative Beverages

<i>Fat</i>	2 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is \leq 33% of total fat
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	100 mg/100 g or more

Evaporated Milk

<i>Fat</i>	4 g/100 g or less
<i>Carbohydrate</i>	35 g per serve, or less

Frozen Dessert, Ice Cream, Frozen Yoghurt, Gelato, Sorbet, Mousse, Custard

<i>Energy</i>	\leq 350 kJ / 100 mL (or 50 g)
<i>Protein</i>	\geq 1 g / 100 mL (or 50 g)
<i>Fat</i>	5 g/100 mL (or 50 g) or less, or 5 – 10 g/100 mL if saturated fat \leq 33 % of total fat content
<i>Carbohydrate</i>	35 g per serve, or less

<i>Calcium</i>	≥ 65 mg / 100 mL (or 50 g)
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Yoghurt, Soy Yoghurt, or Fromage Frais

<i>Energy</i>	≤ 350 kJ /100 g
<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Calcium</i>	100 mg/100 g or more

6. SNACK FOODS

Savoury Snacks, Biscuits or Crackers

Includes popcorn, potato crisps, extruded snacks, soy chips, biscuits, crackers.

<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	500 mg /100 g or less

7. SPORTS DRINKS AND SPORTS BARS

Sports Drinks

(should be isotonic or hypotonic, ie. sodium and sugar content equal to or less than that of blood)

<i>Carbohydrate</i>	4 - 8 g /100 mL
<i>Sodium</i>	≤ 25 mmol / L

Sports Bars and Miscellaneous Sports Products

<i>Energy</i>	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
<i>Carbohydrate</i>	35 g per serve, or less
<i>Saturated fat</i>	No more than 33 % of total fat content
<i>Dietary fibre</i>	3 g/100g or more
<i>Sodium</i>	300 mg/100 g or less

8. FORMULATED MEAL REPLACEMENTS

eg. Sustagen, Glucerna.

For appropriate medical and/or nutritional purposes.

All that are acceptable under the Food Standards Code.

9. BEVERAGES

Liquid breakfasts

<i>Energy</i>	1,400 kJ per serve, or less
<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	75 mg/100 mL or less
<i>Dietary fibre</i>	3.3 g/1000 kJ or more

Milk Fluid and Dried (as reconstituted) and Dairy Drinks (plain and flavoured) see section 5

Fruit or Vegetable juice see section 3

10. CONVENIENCE FOODS

Soups (reconstituted, ready to eat)

<i>Fat</i>	Saturated:unsaturated fat ratio of 1:2, or less
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	900mg per serve, or less

Prepared Salads (potato, bean or pasta-based)

<i>Fat</i>	Saturated:unsaturated fat ratio of 1:2, or less
<i>Carbohydrate</i>	45 g per serve, or less
<i>Sodium</i>	320 mg per serve, or less

Pre-prepared/ready-to-eat Meals (frozen, canned or fresh)

eg. Pasta dishes, casseroles with rice/potato, curry and rice, stir-fry meals and rice, TV dinners, etc...

<i>Energy</i>	2,200 kJ per serve, or less
<i>Carbohydrate</i>	60 g per serve, or less, or glycemic load 30 g/% per serve, or less
<i>Protein</i>	10 g per serve, or more
<i>Fat</i>	21 g per serve, or less
<i>Saturated Fat</i>	7 g per serve, or less
<i>Dietary Fibre</i>	3 g per serve, or more
<i>Sodium</i>	900 mg per serve, or less

Meat Pies, Pasties, Sausage Rolls, Pizza, Filled wraps, sandwiches and rolls etc...

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	60 g per serve, or less, or glycemic load 30 g/% per serve, or less
<i>Sodium</i>	350 mg/100 g or less

10. MISCELLANEOUS

Sauces and Savoury Condiments

Eg. pasta, cook-in sauces, HP sauce, tomato sauce, chutney, relish, pickle, etc.

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is \leq 3.3 g/100 g
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	450 mg/100 g or less

Formulated Supplementary Foods (as reconstituted)

Eg. Milo, etc...

<i>Fat</i>	2 g / 100 g or less, or 2 - 4 g / 100 g if saturated fat is \leq 33% of total fat
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	400 mg / 100 g or less

Sandwich Spreads

Eg. peanut butter, honey, jam, marmalade.

<i>Carbohydrate</i>	15 g per serve or less
<i>Saturated fat</i>	If total fat more than 5 g/100g, then saturated fat no more than 31 % of total fat content
<i>Trans fat</i>	No more than 2 % of total fat content
<i>Sodium</i>	350 mg /100 g or less

Dips

<i>Fat</i>	10 g/100 g or less
<i>Carbohydrate</i>	35 g per serve, or less
<i>Sodium</i>	450 mg /100 g or less

GENERAL (for all other foods not specifically excluded)

<i>Fat</i>	5 g/100 g or less, or 5 - 10 g/100g, provided that saturated fat is ≤ 3.3 g/100 g
<i>Carbohydrate</i>	60 g per serve, or less
<i>Sodium</i>	450 mg/100 g or less

Glycemic Index Symbol Program Application Form

COMMERCIAL IN CONFIDENCE

This is an application to Glycemic Index Foundation for a licence to be granted, or renewed, for the product(s) listed on page 2 of this form.

APPLICANT DETAILS

(Please type if possible)

Parent Company (if applicable)		
Company Name		
Trading As (if applicable)		
ABN (if applicable)		
Postal Address		
Street Address		
Details	Ph:	Fx:
	Email:	
	Web:	
Contact Name		
Contact Position		
Contact Details	Ph:	Fx:
	Email:	
Territory applied for		
Distributor (if applicable)		
Date of Application		

TO ACCOMPANY APPLICATION FOR NEW PRODUCTS (not applicable to renewals)

- GI data including any GI testing report(s). The product(s) must not have been reformulated since the GI testing.
- Nutrient content information (eg nutrition information panel or nutritional analysis results).

Send completed application form, one sample, promotional material, GI report and nutritional data to:

Communications & Partnership Manager, Glycemic Index Foundation

26 Arundel Street, Glebe, NSW 2037

Ph: +61 2 9552 9856

Products for which a Licence with Glycemic Index Foundation is Requested

Product Brand Name	Product Description (including category as described in 'Nutrient Criteria')	Gross Annual Sales (AUD\$) (ex-factory or warehouse)			Place of manufacture	Has this product been formulated or reformulated to meet the nutrient criteria? (yes or no)	Date product expected to be in market
		12 Months prior to Date of Application	Budgeted for 12 Months from Date of Application	Per Country within the Territory			

Any other relevant information: Declaration

I confirm that no product listed above has undergone reformulation since the GI testing as indicated in the attached documents

YES	NO
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Please delete as applicable

I confirm that all products listed above comply with all relevant legislation and codes of practice in relation to their manufacture, distribution, labelling and advertising.

YES	NO
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Please delete as applicable

Dated: _____ Authorised Person: _____ *Signature required on hard copy*

SCHEDULE D

GI TESTING EXPERT ADVISORY GROUP MEMBERS AS AT JUNE 2016

Current members of the Expert Advisory Group include:

- Professor Thomas M.S. Wolever, MD. Department of Nutritional Sciences, University of Toronto, Canada
- Professor Jeyakumar Henry, PhD. Clinical Nutrition Research Centre, Centre for Translational Medicine, Singapore
- Professor Furio Brighenti, PhD. Department of Food Sciences, Università degli studi di Parma, Italy.