



OBESITY AND DIABETES MELLITUS

# GI workings

Percentage of carbs from Museli =  $(34+10+14 = 58)$ .  
Percentage:  $34(\text{museli})/58 = 59\%$

Amount of carbs in the Museli = 34g

Food	Carbs (g)	% of Total Carbs	GI	Contribution to total GI of Meal
Muesli 50g	34	59%	56	$59\% \times 56 = 33$
Milk 200ml (Skimmed)	10	17%	32	$17\% \times 32 = 5$
Orange Juice 160ml	14	24%	46	$24\% \times 46 = 11$
<b>Totals</b>	<b>58</b>	<b>100%</b>		<b>GI for Meal = 49 (Low GI)</b>

Source: Leeds, A., Brand Miller, J., Foster-Powell, K. and Colagiuri, S. (2000). *The Glucose Revolution* (London: Hodder & Stoughton) p. 29.

GI index for Museli = 56

Therefore the GI for the museli is 59% of the GI Value (as carbs are only 59%) so that =  $56 \times 59\% (0.56) = 33$ .