

# SUNSHINE SUGAR

MANILDRA HARWOOD SUGARS

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## PRODUCT INFORMATION

### Low GI Sugar

*Sandy to light brown sucrose crystals, free flowing with characteristic sweet flavour and aroma of molasses. Low GI Sugar has a glycaemic index of less than 55 so is absorbed and metabolised more slowly than conventional sugar resulting in a slower rise in blood sugar levels*

*Low GI Sugar is less processed and designed to retain many of the micronutrients and anti-oxidants lost during the normal milling process*

#### Low GI Sugar is full of nutrients and trace elements vital for a healthy lifestyle, including

Anti-Oxidants	<i>Anti-oxidants present in Low GI Sugar such as flavonoids, phenolic acids and polyphenols (BERTRAND PAYET, 2005, 53) assist in slowing down the rate of absorption of sugar</i>
Low GI Foods	<i>Promote satiety and delay hunger by their slow rate of digestion and absorption into the body, so you feel full for longer</i>
Weight Loss	<i>Low GI Diets have been found to lead to greater weight loss compared to other healthy diets, with greater losses in body weight, total fat mass and body mass index than high GI diets or conventional energy-restricted diet (J.McMillilan-Price, 2006, Vol 166)</i>
Type I and II Diabetes	<i>Low GI Diets were found to improve glycemic control and insulin sensitivity and resistance thus reducing the potential for developing diabetes and increasing control of the disease for those who have it (GI Foundation, 2012)</i>

#### Frequently Asked Questions

##### What is the Glycemic Index (GI) and Why is it Important?

Carbohydrate is an essential part of our diets, but not all carbohydrate foods are equal. The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Carbohydrates with a low GI value (55 or less) are more slowly digested, absorbed and metabolised and enable a lower and slower rise in blood glucose and, therefore usually, insulin levels

There are three ratings for GI:

1. Low = GI value 55 or less. This is the level of Low GI Sugar
2. Medium = GI value of 56 to 69
3. High = GI 70 or more

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## How is Low GI Sugar Made and Why Is It Different to Normal Sugar?

Nutrition Innovation has developed a patented technology and algorithm to retain naturally occurring anti-oxidants and micronutrients in the sugar that would normally be lost. The result is a product that has all the same sweetness of conventional sugar, but is less processed yet still of a higher quality.

A standard white refined Sugar has a medium GI Index of 68 which places it in the medium to high range. Brown sugars have an Index at 64 and a product such as Honey has an index of 60. Low GI sugar, with an index of below 55, is classified Low GI

## How Is Low GI Sugar Different to Other Low GI Sugars on the Market?

Unlike other Low GI Sugars that are available, nothing is added to the milling process. The technology developed by Nutrition Innovation is designed to ensure the natural and valuable components of the sugarcane plant are retained during milling.

## How is GI Measured?

The glycemic index (GI) is a measure of the power of foods (or specifically the carbohydrate in a food) to raise blood sugar (glucose) levels after being eaten. The GI values of foods must be measured using valid scientific methods. It cannot be guessed by looking at the composition of the food. Currently, only a few nutrition research groups around the world provide a legitimate testing service.

As members of the GI Symbol Programme, owned and operated by the Glycemic Index Foundation, Sunshine Sugar Low GI Sugar has been reliably tested by an accredited laboratory to ISO 26642: 2010 (the W.H.O Standard)

The Glycemic Index Foundation is a not-for-profit health promotion charity and was formed by the University of Sydney and Juvenile Diabetes Research Foundation in 2001. Nutrition Innovation are supporting the Glycemic Index Foundation's mission in developing and formulating Low GI Foods globally

## Nutritional Information

	<i>Quantity per 5g Serve</i>	<i>Quantity per 100g Serve</i>
Energy	85 kj	1700 kj
Protein	0 g	0 g
Fat		
- Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrates		
- Total	5 g	100 g
- Sugars	5 g	100 g
Sodium	Less than 5 mg	Less than 5 mg

Figures have been derived by external analysis and are averages only

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## Allergen Information

Low GI Sugar is naturally free from allergens and milled in an allergen-free environment

<i>Cereals containing gluten and their products: wheat, rye, barley, oats, spelt or their hybrid strains</i>	<i>Absent</i>
<i>Crustacean and products</i>	<i>Absent</i>
<i>Egg and egg products</i>	<i>Absent</i>
<i>Fish and fish products</i>	<i>Absent</i>
<i>Milk and milk products</i>	<i>Absent</i>
<i>Nuts and sesame seeds and products</i>	<i>Absent</i>
<i>Peanuts, soybeans and their products</i>	<i>Absent</i>
<i>Sulphite in concentrates of 10mg/kg or more</i>	<i>Absent</i>
<i>Lupins and their products</i>	<i>Absent</i>
<i>Royal Jelly presented as a food or royal jelly present in a food</i>	<i>Absent</i>
<i>Bee pollen</i>	<i>Absent</i>
<i>Propolis</i>	<i>Absent</i>

## General Information

<b>Glycemic Index</b>	<i>Low GI Sugar has a GI rating of less than 55</i>
<b>GM Free</b>	<i>No raw materials or processing aids used in the manufacture of this product are from genetically modified sources</i>
<b>Irradiation Free</b>	<i>Not subject to and free from materials of irradiation</i>
<b>Additive Free</b>	<i>No additives or preservatives present</i>
<b>Country of Origin</b>	<div data-bbox="483 1373 1074 1525" style="border: 1px solid black; padding: 5px;"><p>Grown and Made in Australia from 100% Australian Ingredients</p></div>
<b>Date Coding</b>	<i>Julian code YYDDD e.g. 18001 – 1 January 2018</i>
<b>Sites Manufacturing This Product</b>	<i>Condong Sugar Mill</i> <i>Milling, packing, storage and distribution of bulk and packaged product</i>
<b>Dietary Information</b>	<i>Suitable for vegans</i> <i>Suitable for lacto-vegetarians</i> <i>Suitable for lacto-ovo vegetarians</i>
<b>Warning Declarations</b>	<i>Nil</i>

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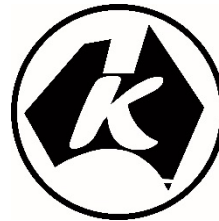
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Certification	Standard	Certifying Body
	SQF 2000	AusQual
	Bonsucro Sustainability	Cert ID
	Kosher	Kosher Australia Pty Ltd
	Halal	Halal Certification Authority - Australia

This product is manufactured according to the certified SQF management system, incorporating HACCP, and is Halal and Kosher certified. All products are certified as sustainable under the Bonsucro Production Sustainability Standard. Copies of certificates are available upon request



## References

BERTRAND PAYET, A. S. (2005, 53). Assessment of Antioxidant Activity of Cane Brown Sugars by. *Journal of Agricultural and Food Chemistry*, 10074-10079.

GI Foundation. (2012). Glycemic Index and Diabetes. *A Newsletter form the Glycemic Index Foundation*, 1-2.

J.McMillilan-Price, P. F.-M. (2006, Vol 166). Comparison of 4 Diets of Varying Glucemic Load on Weight Loss and Cardiovascular Risk reduction in Overweight and Obese Young People. *Arch Intern Med*, 1-10.