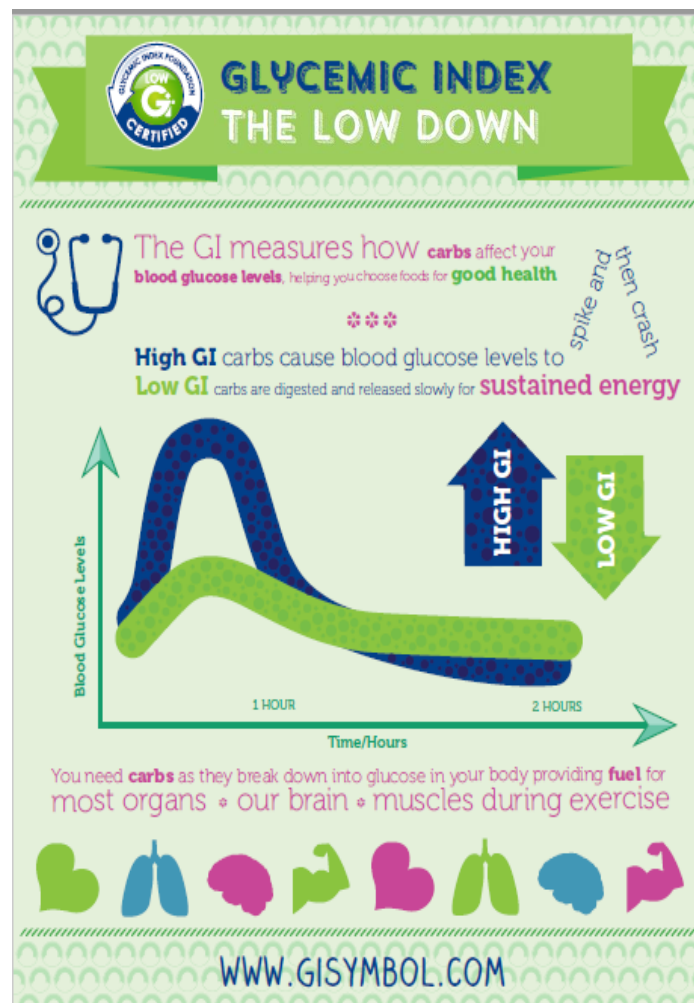


Supplementary Appendix 1 A-C

Positioning the Value of the Dietary Carbohydrate, Carbohydrate Quality, the Glycemic Index, and GI Labelling to the Canadian Consumer for Improving Dietary Patterns

Christopher P.F. Marinangeli PhD, RD¹, Joanna Castellano,² Peg Torrance,² Joanne Lewis RD,³ Carolyn Gall Casey,³ Jackie Tanuta,¹ Julianne Curran PhD,¹ Scott V. Harding PhD,⁴ David JA Jenkins MD PhD,⁵⁻⁸ John L. Sievenpiper MD PhD⁵⁻⁸

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Supplementary Appendix 1A. Figure depicting the glycemic index (Adapted from the Glycemic Index Foundation[1]).



Supplementary Appendix 1C. Depiction of strategies for choosing low GI foods instead of high GI foods (Adapted from the Glycemic Index Foundation [3]).

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1. The Glycemic Index Foundation. Glycemic Index: What is GI. The Glycemic Index Foundation. <https://www.gisymbol.com/infographics/what-is-gi-infographic/> (October 10, 2018).
2. Diabetes Canada. The Glycemic Index. Diabetes Canada: Toronto, Ontario, 2013.
3. The Glycemic Index Foundation. Glycemic Index: Swap It. The Glycemic Index Foundation. <https://www.gisymbol.com/infographics/swap-it-infographic/> (October 10, 2018).

Supplementary Appendix 2A-C

Positioning the Value of the Dietary Carbohydrate, Carbohydrate Quality, the Glycemic Index, and GI Labelling to the Canadian Consumer for Improving Dietary Patterns

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Supplementary Appendix 2A. The Glycemic Index Foundation's Low GI Symbol [1].

**GLYCEMIC INDEX
THE LOW DOWN**

Look for the GI Symbol, your **TRUSTED** guide to make healthy low GI choices quick and easy

Foods carrying this  guarantee that they have been

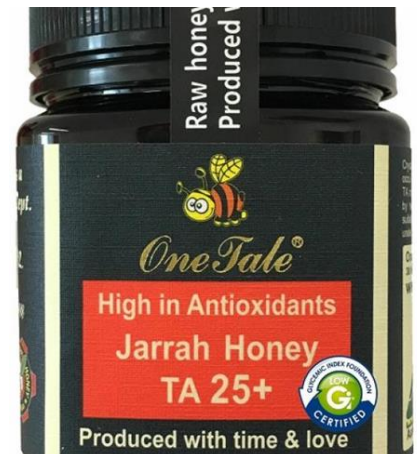
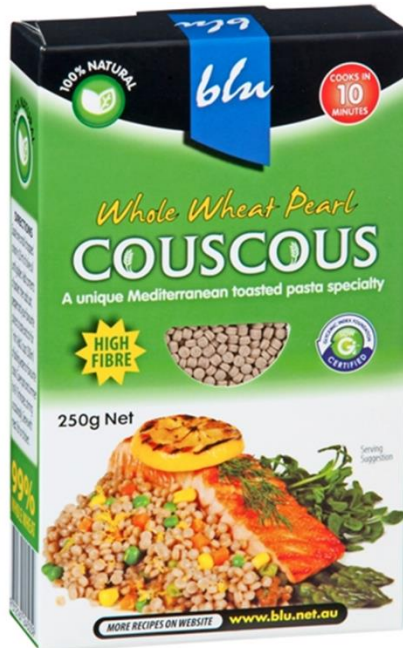
- **reliably tested** ✓
- **meet very strict nutrient criteria** ✓

NUTRITIONAL INFORMATION	
AVERAGE SERVING SIZE - 46g	
GI CERTIFIED ENSURES	
SPECIFIC LIMITS FOR:	
CARBS	
ENERGY	
TOTAL SATURATED FAT	
ADEQUATE LEVELS OF (WHERE APPROPRIATE):	
FIBRE	
CALCIUM	

TRUST

WWW.GISYMBOL.COM

Supplementary Appendix 2B. Figure depicting the use of the Glycemic Index Foundations GI Symbol on a hypothetical food product (Adapted from The Glycemic Index Foundation [2]).



Supplementary Appendix 2C. Examples of foods with The Glycemic Index Foundation's Low GI Symbol shown to focus groups during Activity 3 [3].

References

1. The Glycemic Index Foundation. The GI Symbol Program. The Glycemic Index Foundation. <https://www.gisymbol.com/> (october 4, 2018).
2. The Glycemic Index Foundation. Glycemic Index: The GI Symbol. The Glycemic Index Foundation. <https://www.gisymbol.com/infographics/the-gi-symbol-infographic/> (October 10, 2018).
3. The Glycemic Index Foundation. Low GI Products. The Glycemic Index Foundation. <https://www.gisymbol.com/products/> (October 10, 2018).