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The Diogenes project

Targeting the obesity problem: seeking new insights and routes to prevention

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Diogenes GI Database

As part of the Diogenes intervention study, glycemic index (GI) values were assigned to Czech, Danish, Dutch, German and UK food composition tables. GI values were also assigned to foods consumed by study participants that were not included in any of the above food composition tables. The study has made these GI tables available as a series of spreadsheets, below.

How to use the GI Tables

Foods are listed in Czech, Danish, Dutch, English, German, Greek or Spanish and all foods are also translated into English.

The following information is displayed for each food:

- Food name in English
- Food name in original language
- CHO (g/100g)
- GI value
- GL value

The top row in the spreadsheet describes the content of the data below. For some foods there are no national food codes, these foods were added by the investigators.

By using any of the GI data you agree to cite the publication outlining the GI assignment methodology (Aston et al. *Obesity Reviews* 2010).

Please note that these can only be regarded as up to date at the time they were created and are not for resale or use for commercial value.

Download the CSV spreadsheets

Please note that these are stored as .zip files and you may need to download them before opening.

- Diogenes GI Table – Czech foods
- Diogenes GI Table – Danish foods
- Diogenes GI Table – Dutch foods
- Diogenes GI Table – German foods
- Diogenes GI Table – Greek foods
- Diogenes GI Table – Spanish foods
- Diogenes GI Table – UK Foods

What is GI and GL?

Glycemic index (GI)

GI is a measure of the effects of a foods carbohydrate component on blood sugar levels. Carbohydrates that break down quickly during digestion and rapidly release glucose into the bloodstream are characterized as having a high GI value, whereas carbohydrates that are broken down slowly and release glucose into the bloodstream in a more gradual manner are characterized as having a low GI value.

- Low GI = <55
- Medium GI = 56-69
- High GI = >70

Glycemic load (GL)

Glycemic Load takes into account a foods GI value and a standardized 100g portion size and is calculated as GL = GI x available CHO in a 100g serving / 100. Therefore the GL takes into account the amount of carbohydrate consumed and is a more accurate measure of the impact of a food on blood sugars. As a general rule foods that have a low GL usually have a low GI and those with a medium to high GL value almost always have a very high GI value.

- Low GL = <10
- Medium GL = 11-19
- High GL = >20

The GI assignment methodology

The main purpose of assigning GI values to the food composition tables was to calculate the GI of diets reported in food diaries in the Diogenes intervention study. GI values were assigned to all foods recorded at least once and containing more than 0.1 grams of carbohydrate per 100 grams. Foods containing carbohydrates, but not consumed by any of the study participants, were not assigned GI values. Further data could be added according to this schema.

GI values were assigned according to five decreasing levels of confidence:

1. *Measured values for specific foods*
2. *Published values from published sources*
3. *Equivalent values where published values for similar foods existed*
4. *Estimated values three values selected representing low/medium/high GI*
5. *Nominal values assigned as 70, where no other value could be assigned with sufficient confidence.*

Information Sources

Food composition tables

The Czech Republic

Alimenta: Databáze složení potravin version 4.0. Výskumný ústav potravinársky 2001

Denmark

National Food Institute. Danish Food Composition Databank, version 5.0, 2006

The Netherlands

Voedingscentrum, NEVO-tabel: Nederlands Voedingsstoffenbestand / Stichting Nederlands Voedingsstoffenbestand. 2001, Voedingscentrum: Den Haag

Germany

Science, PRODI® version 4.5 (based on the Bundeslebensmittelschlüssel). 2001, Nutri-Science: Hausach

The UK

Food Standards Agency, McCance & Widdowson's The Composition of Foods. 6th summary edition. 2002, Cambridge: Royal Society of Chemistry

Other foods

Foods consumed by study participants but not included in the above food composition tables were also assigned GI values and these foods consequently lack national food codes. Some Greek and Spanish were also assigned GI values and these are available in separate GI tables.

GI sources

1. Foster-Powell K, Holt SAH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. *Am J Clin Nutr.* 2002;76:5-56

2. Henry CJK, Lightowler HJ, Stirk CM, Renton H, Hails S. Glycaemic index and glycaemic load values of commercially available prodcuts in the UK. *Br J Nutr*. 2005;94: 922-930

3. Products measured at MRC Human Nutrition Research, Cambridge

4. Products measured at Imperial College, London

5. SUGiRS, 2005 (GI database, www.glycemicindex.com)

6. Products measured at LU (General Biscuits Netherlands)

7. Products measured at University Maastricht

8. Products measured at University of Sydney laboratory

9. Foster-Powell, 2005 (Low GI eating made easy)

10. Stoppelenburg A. Report: Glycemic Index, Measuring the glycemic index of selected carbohydrate-rich products in human subjects 2006

11. Fisker S, Hansen AW, Nielsen MS, Larsson MW, Cilieborg MS. Tema-report: Sammenligning af in vivo og in vitro glykæmisk indeks bestemmelse. 2005

12. Products measured at Masterfood