

SUNSHINE SUGAR

MANILDRA HARWOOD SUGARS

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Low GI Sugar Product Information

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.

Frequently Asked Questions

What is Glycemic Index?¹

Glycemic Index (GI) is the ranking of carbohydrate foods from 0 to 100 according to their effect on blood sugar (glucose) levels.

GLYCEMIC INDEX CLASSIFICATION		
Glycemic Index (GI)	GI Rating	Effect
High GI	70 or more	Rapid Increase in blood sugar levels
Medium GI	56 - 69	Moderate increase in blood sugar levels
Low GI	55 or less	Slow increase in blood sugar levels

What are the benefits of low GI foods?²

A low GI diet causes a gradual rise in blood sugar levels that has shown to:

- improve blood glucose control
- prevent and manage diabetes
- increase satiety and reduce appetite
- facilitate weight loss
- improve blood lipid profiles
- possibly improve acne (preliminary studies)
- enhance sport performance and endurance
- reduce risks of diabetes, coronary heart diseases (CHD) and certain types of cancer (prostate, breast and colorectal)
- improve the intestinal flora imbalance, which will help to increase production of antimicrobial compounds, modulating the immune system
- prevent against early age-related macular degeneration

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.



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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 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.

Sunshine Sugar Low GI Sugar has been tested by an independent laboratory as per ISO 26642: 2010.

Nutritional Information

	Quantity per 5g Serve	Quantity per 100g Serve
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

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>



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General Information

Glycemic Index	<i>Low GI Sugar has a GI rating of less than 55</i>	
GM Free	<i>No raw materials or processing aids used in the manufacture of this product are from genetically modified sources</i>	
Irradiation Free	<i>Not subject to and free from materials of irradiation</i>	
Additive Free	<i>No additives or preservatives present</i>	
Country of Origin	 Grown and Made in Australia from 100% Australian Ingredients	
Date Coding	<i>Julian code YYDDD e.g. 22001 – 1 January 2022</i>	
Sites Manufacturing This Product	<i>Condong Sugar Mill</i>	<i>Milling, packing, storage and distribution of bulk and packaged product</i>
Dietary Information	<i>Suitable for vegans Suitable for lacto-vegetarians Suitable for lacto-ovo vegetarians</i>	
Warning Declarations	<i>Nil</i>	
Certification	Standard <i>SQF Food Safety and Quality Bonsucro Sustainability Kosher Halal</i>	Certifying Body <i>Aus-Qual Pty Ltd FoodChain ID Kosher Australia Pty Ltd Halal Certification Authority Australia</i>

This product has been manufactured according to the SQF Food Safety Code for Food Manufacturing, incorporating HACCP, the SQF Quality Code, 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

¹ ² <https://www.tp.edu.sg/research-and-industry/centres-of-excellence/centres-under-school-of-applied-science/glycaemic-index-research-unit-giru.html#benefits>

Leah Lamberth
Quality Assurance Manager
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