

PERQUE WHEY GUARD

Glycemic Index and Glycemic Load

The glycemic index (GI) is a measure of the effects of carbohydrates on blood sugar levels. Carbohydrates that break down quickly during digestion and release glucose rapidly into the bloodstream have a high GI. Foods like white bread have high amounts of refined carbohydrate and cause rapid rises in blood sugar levels.

A GI of 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The glycemic load (GL) is another way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than glycemic index alone. A GI value depicts how rapidly a particular carbohydrate turns into sugar, whereas the GL shows how much of that kind of carbohydrate in the food thereby giving a better sense of its glycemic impact.

A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

PERQUE recently launched its new whey protein powder, **PERQUE** Whey Guard, in July 2010. Packed with 15g of 100% native whey and over 10 g of fiber it has only 150 calories per serving.

To understand its impact on blood sugar levels, effect on 14 individuals was studied and compared to a white bread. Figure 1 clearly shows the difference in glycemic responses after consuming an equal carbohydrate amount of white bread+jam and **PERQUE** Whey Guard. The sharp spikes in blood glucose values noticed after white bread and jam is testament to the fact that consumption of such refined carbohydrates can take their toll on the body and herald onset of insulin resistance, conditions like Type 2 diabetes and cardiovascular disease*.

It is evident that **PERQUE** Whey Guard on the other hand with a low glycemic load of <10 is able to maintain a gentle rise from the fasting blood glucose level slowly bringing it back to the normal resting level. Figures 2 and 3 are individual examples of the same effect.

* Kaye Foster-Powell, Susanna HA Holt, and Janette C Brand-Miller International table of glycemic index and glycemic load values: 2002, *Am J Clin Nutr* 2002;76:5–56.



Figure 1

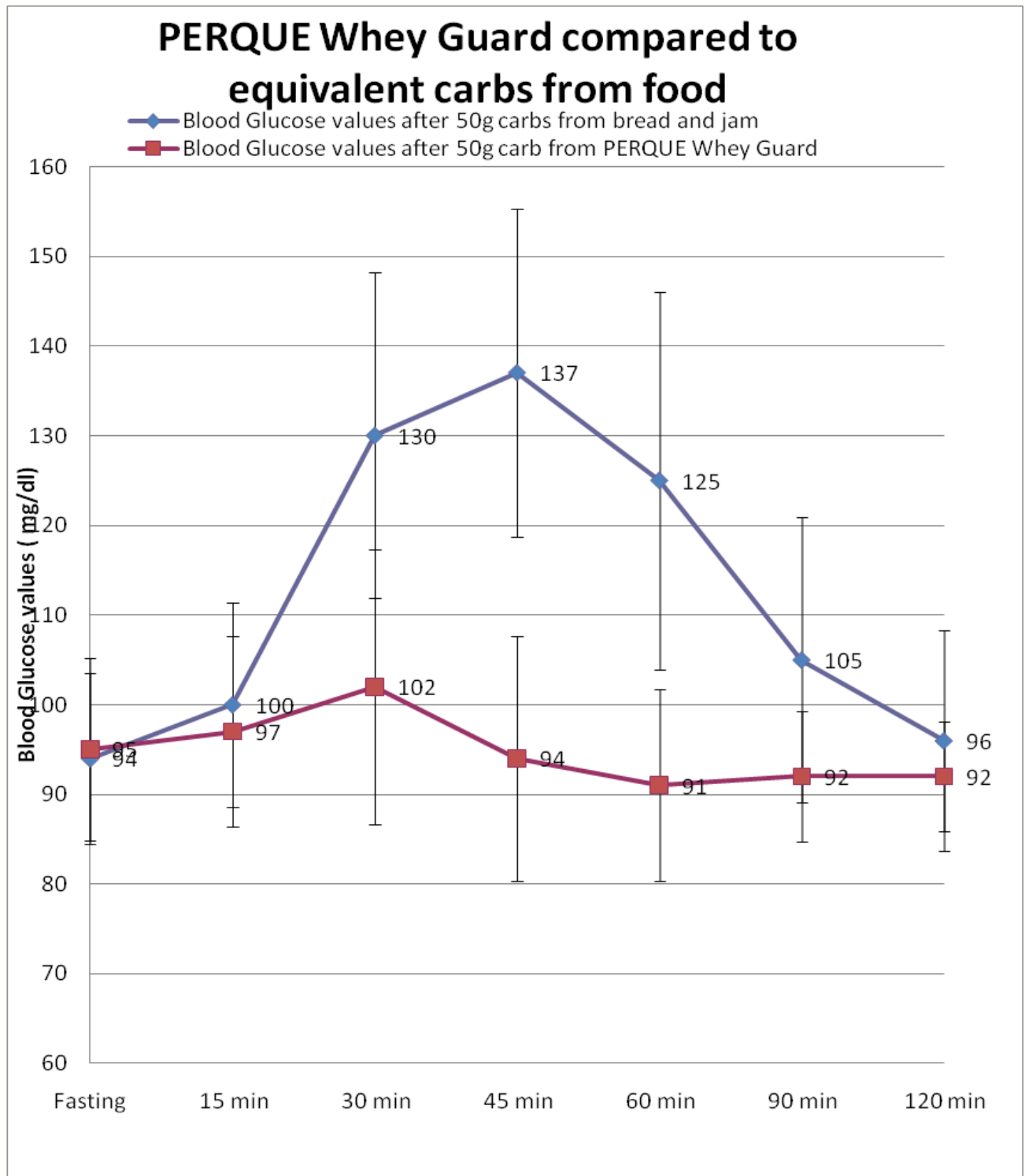


Figure 2 **PERQUE** Whey Guard compared to equivalent carbs from food

Individual Case 1

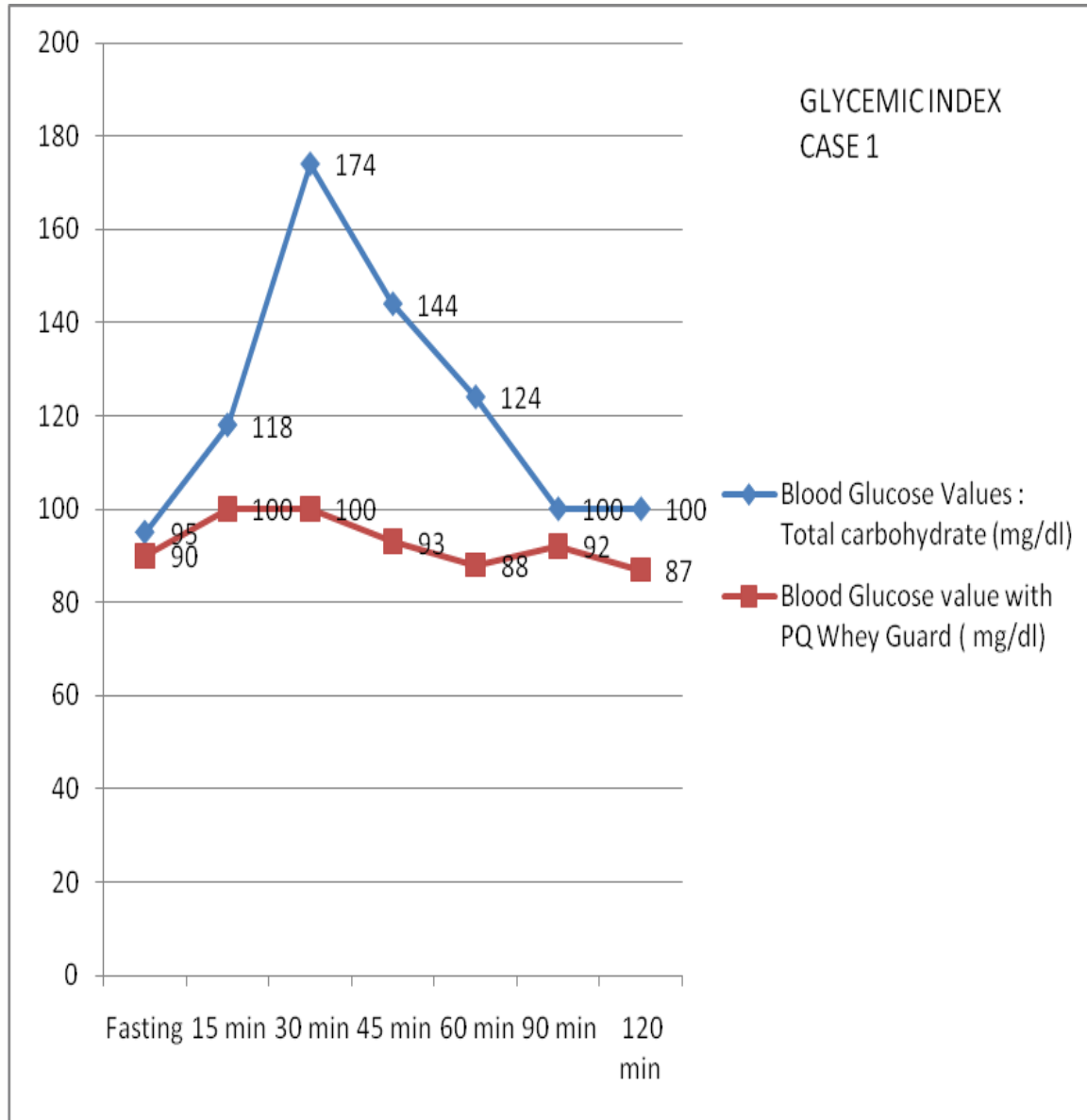


Figure 3 **PERQUE** Whey Guard compared to equivalent carbs from food

Individual Case 2

