



Newsletter

FEBRUARY 2008

Diva Nutritional Products (Pty) Ltd announces with pleasure the evaluation of products available for Nutritional support and supplementation which may be classified as having a Low Glycaemic Index.

Metabolic Syndrome and Diabetes have become more prevalent in the population at large and particularly in those with Chronic illnesses, like HIV/AIDS, TB and other Chronic diseases.

The following products may be classified as low Glycaemic:

ENERGY DRINKS AND COMPLETE FEEDS	GI value	GI Category
Philani Energy Drink with pre- and probiotics - Banana	36	Low
Philani Energy Drink with pre- and probiotics - Vanilla	20	Low
Nutri A – Strawberry	22	Low
Nutri Mil – Strawberry	39	Low
Nutri Mil – Vanilla	51	Low
Nutri Mil with Fibre – Vanilla	49	Low
Nutri Mil Junior with pre- and probiotics – Vanilla	49	Low
SUPPLEMENTAL MEALS		
Philani with Zymune – Plain	45	Low
Philani with Zymune – Strawberry	47	Low
Philani with Zymune – Banana	44	Low
Philani with Zymune – Mageu	54	Low
Philani Yabantwana with Zymune	46	Low

GI testing of DIVA's supplements

BACKGROUND

The GI concept was first investigated by Dr Jenkins in 1981 and was originally introduced as a means of classifying the different sources of carbohydrate. The glycemic index is a system of classification in which the glycaemic responses of foods are indexed against a standard (white bread or glucose) and is expressed as a percentage from 0 to 100 (Wolever, 1990). Carbohydrates from different sources have varying effects on blood glucose concentrations after a meal (Cataldo *et al.*, 2004, p. 605).

Carbohydrates which are broken down quickly during digestion have a high GI index, resulting in a high and fast blood glucose response. However, carbohydrates which are broken down slowly, release glucose gradually into the blood and has a lower GI index. A low glycemic index is classified as between 0-55, an intermediate glycemic index between 56 and 69, while a high glycemic index food is classified as 70 or more on the GI scale (www.gograins.grdc.com.au).

As meals with a lower glycemic index has a lower insulin response, low GI meals are linked to improved blood glucose control and a lower risk for chronic diseases of lifestyle and improved weight control (Keim et al. 2006, p. 78; Wadden et al. 2006, p. 1034)

As part of our commitment at Diva Nutritional Products to ongoing research and development, the company in conjunction with the University of Stellenbosch, recently tested the glycemic index of the supplemental range. During October/November 2007 GI tests were performed on the DIVA Nutritional Product range by NICUS, University of Stellenbosch. The study was approved by the Committee for Human Research of the University of Stellenbosch and testing was done according to a scientifically sound protocol.

CONCLUSION & RECOMMENDATION

All Diva Nutritional products energy drinks, complete - and supplemental feeds that were tested fell in the low GI category. These supplements can therefore be recommended under dietetic supervision to patients who need a lower GI diet. It is also encouraging to know that even the supplemental feeds, with a high energy density, did not trigger an excessive glycemic response and thus would be beneficial even to patients at risk to develop chronic diseases of lifestyle, HIV-infected patients on ARV's and young children.

REFERENCES:

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Wadden TA, Byrne KJ and Krauthamer-Ewing S. 2006. Obesity: Management. In Modern Nutrition in Health and Disease. Ed. by ME Shils, M Shike, AC Ross, B Caballero and RJ Cousins. 10th Edition. Philadelphia: Lippincott Williams & Wilkins, pp. 1029-1042

www.gograins.grdc.com.au.



For Company Profile and more information about these products please visit www.diva.co.za,
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