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**Potential contributions of the methodology to the variability of glycaemic index of foods**

Matthew Flavel, Markandeya Jois, Barry Kitchen

### **Abstract**

Glycaemic index (GI) testing provides a useful point of comparison between carbohydrate sources. For this comparison to be meaningful, the methods used to determine GI values need to be rigorous and consistent between testing events. This requirement has led to increasing standardization of the GI methodology, with an international standard developed in joint consultation with FAO/WHO (ISO

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