



**AND IT STILL TASTES LIKE
YOUR FAVORITE PASTA!**

GI Pasta 38 – innovative pasta with a low glycaemic index.

The GI Pasta 38 is the answer to the needs of people who care about a healthy diet. The product was developed in cooperation with scientists from the University of Life Sciences in Lublin and Pol-Mak to ensure the taste of traditional pasta with a significantly lower glycaemic index. GI Pasta is intended for diabetics (type 1 and 2) and people with insulin resistance, as well as athletes and conscious consumers looking for products with a low glycaemic index and glycaemic load. Thanks to its recipe, GI Pasta does not cause sudden spikes in blood sugar, while having a higher protein and fibre content, has a light colour and tastes like regular pasta.

INNOVATIVE RECIPE AND INGREDIENTS

The GI Pasta recipe is based on a mixture of durum wheat flour, lupin flour, oat fibre rich in β -glucans and wheat gluten. These ingredients result in a product with a very low GI (<40) and low glycaemic load (GL<10), which retains the traditional structure and taste of pasta.

Durum semolina (67.5%): forms the basis of the product, providing good quality starch. Unlike standard pasta, the starch in GI Pasta is 'thickened' by the accompanying fibre and protein, which further reduces the rate of digestion.

Lupin flour (20%): a gluten-free source of protein and fibre. Lupin has a low glycaemic index and helps lower cholesterol, making it ideal for low-carbohydrate products. Its presence increases the nutritional value of the pasta.

Oat fibre rich in β -glucans (7.5%): these have the ability to surround starch granules, making them less accessible to digestion by enzymes, thus significantly slowing down the absorption of sugars. After a meal with GI Pasta, glucose is released into the blood more slowly and gently, which reduces insulin release and helps avoid so-called 'blood sugar spikes.

Wheat gluten (5%): improves the structure of the dough and ensures that GI Pasta retains its elasticity and the appearance of traditional pasta after cooking.

COMPARISON WITH 100% DURUM PASTA

Thanks to its recipe, GI Pasta 38 has significantly better nutritional parameters than regular 100% durum pasta. 100 g of cooked GI Pasta 38 provides approx. 151 kcal, 22 g of digestible carbohydrates, 8.8 g of protein and 6.6 g of fibre.

GI Pasta 38 contains 10 g less carbohydrates per 100 g of cooked pasta than pasta without additives, but has 145% more fibre and approx. 45% more protein. These proportions mean that you feel fuller for longer after a meal and that the pasta has less impact on blood sugar levels, making it the ideal choice for those looking for a wholesome source of carbohydrates with a low glycaemic index.



45%
MORE
PROTEIN

high protein



10 g
LESS
CARBS

reduced
carbohydrate



145%
MORE
FIBRE

high fibre*

*compared to a cooked serving of 100g of 100% durum pasta



RESEARCH CONDUCTED BY SGGW EACH SHAPE TESTED SEPARATELY



The reliability of the GI Pasta glycaemic index data is also confirmed by research conducted by the renowned Warsaw University of Life Sciences (SGGW). Importantly, each GI Pasta shape was tested separately – spaghetti, penne, fusilli and filini analysed individually. All tested shapes were within the GI range of 38. The tests were carried out using the reference method, used globally to assess the glycaemic index of products, with the participation of healthy volunteers. This gives consumers confidence that GI Pasta really does not cause sudden spikes in blood sugar.

CONFIRMATION OF EFFECTIVENESS

GI PASTA 38 has been included in The International Tables of Glycemic Index and Glycemic Load Values (International Glycemic Index (GI) Database) maintained by the Sydney University Glycemic Index Research Service (SUGiRS). Which means that its low GI and GL have been recognised and are respected globally. Inclusion in the GI tables is a significant distinction, awarded only to products whose parameters have been tested in accordance with rigorous, standardised scientific procedures.



Glycemic Index Research and GI News

[Home](#) | [GI Search](#) | [GI News](#) | [About](#) | [Testing & Research](#)

[Home](#) / [GI Search](#)

GI Search

Food Name:	GI Pasta
GI:	38
Food Manufacturer:	POL-MAK S.A. Homemade Pasta Factory

WHO IS GI PASTA MADE FOR?



GI Pasta is a pasta dedicated to people with type 1 and 2 diabetes and insulin resistance. Its low GI means that it can also be enjoyed by people on weight-loss diets and low-carbohydrate diets (even ketogenic diets). Thanks to its high protein and fibre content, it is a popular choice among athletes and active people who need carbohydrates with a steady release of energy. In summary, GI Pasta combines the taste of traditional 'yellow' pasta with nutritional values that are important to health-conscious consumers.

EXCELLENT CONSUMER REVIEWS – A TASTE THAT REALLY WORKS

In addition to its health benefits, GI Pasta has also received enthusiastic reviews from consumers, which can be easily seen on Poland's largest marketplace, Allegro. The product receives only positive reviews, and customers unanimously emphasise that the pasta is not only healthy, but also tastes like a classic durum wheat product. Consumers praise its texture after cooking, ease of preparation and the fact that it is no different from regular pasta in terms of taste – yet it is significantly lower in carbohydrates. Frequently repeated comments say it all:

'Finally, a product for diabetics that tastes like normal pasta'

'It doesn't raise blood sugar and tastes great'

'The perfect choice for the whole family – healthy but without compromising on taste'



A WIDE RANGE AND DYNAMIC GROWTH THE 4 MOST POPULAR SHAPES

GI Pasta 38 is a brand that is growing rapidly, responding to market needs and consumer preferences. The range currently includes the four most popular pasta shapes:



Penne



Fusilli



Filini



Spaghetti

All these shapes have a low glycaemic index and offer the same health benefits – more fibre, more protein, fewer carbohydrates and excellent taste.

PATENTED TECHNOLOGY AND AVAILABILITY

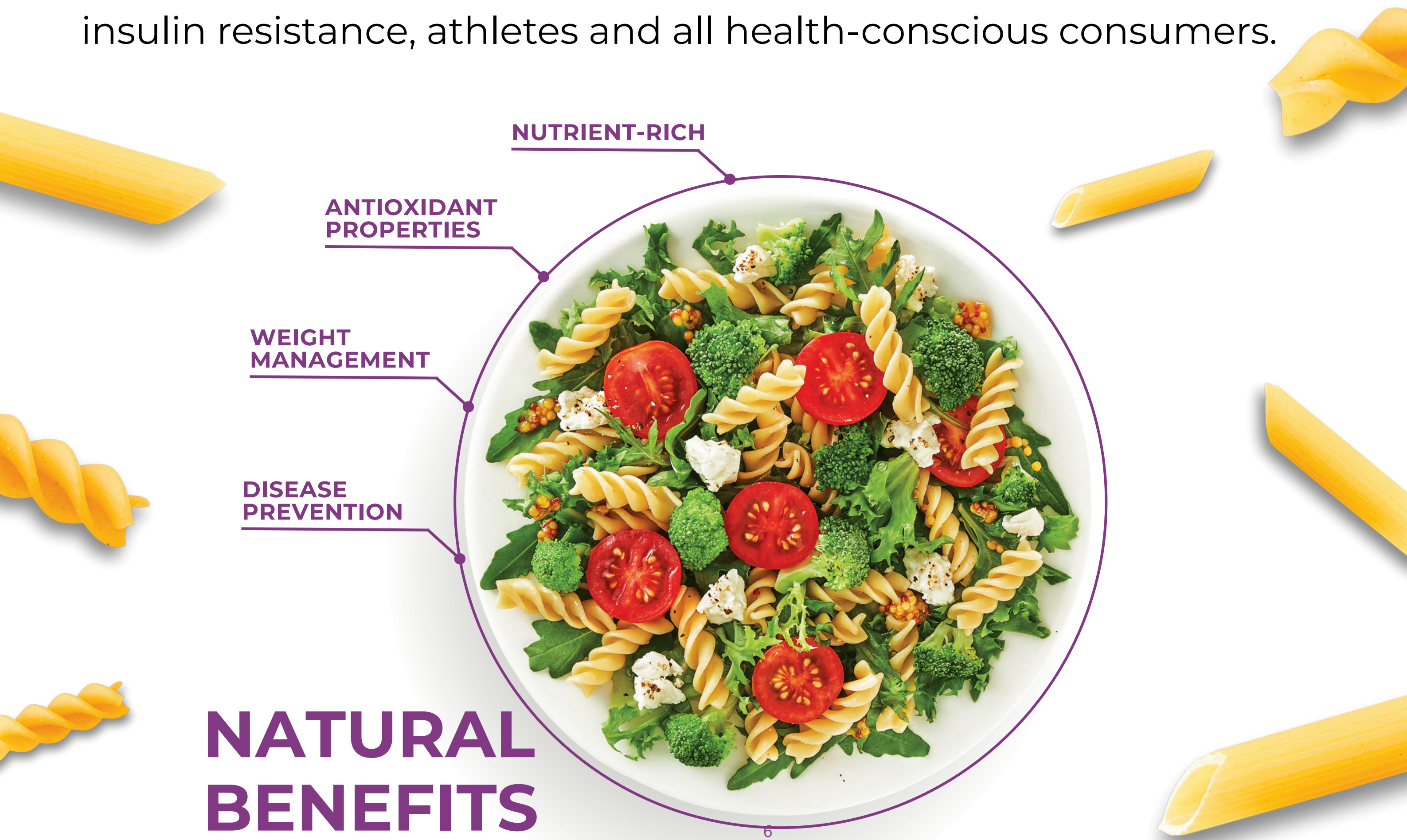
GI Pasta recipes are protected by patents in Poland and the USA, EPO in 18 EU countries, and patent applications in the UK and Portugal. The pasta entered industrial production at the end of 2022 and is already available in over 4,000 stores in Poland, including ALDI, Intermarché, Kaufland, Carrefour, Lidl and the Witafy online store in Germany.

Product is also available in the Walmart online store in the USA and European Amazon marketplace. The product was also presented at prestigious trade fairs, including Anuga FoodTec (Germany, October 2023) and SIAL in Paris in 2024, where it attracted considerable interest from the food industry.



SUMMARY

GI Pasta 38 is an innovative low-glycaemic index pasta that retains the advantages of traditional white pasta and, thanks to the addition of lupin and oat fibre, offers a significantly higher protein and fibre content and a lower intake of easily digestible carbohydrates. According to nutritional data, GI Pasta (GI 38) helps maintain stable blood sugar levels, making it an exceptionally beneficial product for diabetics, people with insulin resistance, athletes and all health-conscious consumers.



Sources: Technical data and scientific research results for GI Pasta come from a scientific study by UP Lublin up.lublin.pl and product information from Pol-Mak/NISKI IG niskiig.pl. In addition, publications on β -glucans and the nutritional value of pasta niskiig.plupf.edu were used.