

LIZI'S GRANOLA

Luxury Toasted Cereal

GRANOLA—LIZI'S GRANOLA



U109.01

Lizi's Original Granola

A ready-to-eat toasted cereal made from oats, nuts and seeds, packed in a 50g single serving sachet. Use as a portion controlled breakfast serving or for the lunch box or as a snack.
32 x 50g, N



U109.04

Lizi's Belgian Chocolate Granola

A ready-to-eat toasted cereal made with real Belgian chocolate and packed in a 40g single serving sachet.

32 x 40g, N



U109.03

Lizi's Pink Apple & Cinnamon Granola

A ready-to-eat toasted cereal sweetened only with apple juice and containing air dried apple pieces packed in a 40g single serving sachet.

32 x 40g, N



U109.02

Lizi's Treacle & Pecan Granola

A ready-to-eat toasted cereal with pecan nuts and natural treacle toffee flavour packed in a 40g single serving sachet.

32 x 40g, N



Lizi's Treacle & Pecan Granola won a **Great Taste Award, Gold 2 Star** in 2009



The **GL concept**, developed at The Harvard Medical School, is a way of measuring the effect of food on blood sugar and how this affects your health. In general it has been found that high GL diets are implicated in increased incidence of diabetes, obesity, coronary heart disease and some cancers. The simple message is that healthy eating means keeping control of the GL of your diet.



The **Good Carb Food Company** is the first company in the world to directly measure Glycaemic Load (GL) of their products. GL is the one single number that tells you how food changes your blood sugar level. It is measured by using a group of volunteers to find the amount of pure glucose they have to eat to give the same blood sugar response as the serving of food. So if the GL of a serving is 5g glucose equivalent, this means that your blood sugar response will be the same as if you had eaten 5g of pure glucose. Any food serving with a GL of less than 10g is regarded as having a very small effect on blood sugar level. GL is related to Glycaemic Index (GI), but takes account of the carbohydrate in the food. GI alone doesn't tell you the effect that food will have on your blood sugar, GL does. If you want to reduce the GL of your diet then cut down on bread & potatoes which account for 43% of the GL of the average UK diet.

All Lizi's Granola are:

- 100% Natural Ingredients
- Low glycaemic - GL Labelled - good for blood sugar control
- No GMOs
- Dairy-free, wheat free recipes
- Suitable for vegetarians and vegans (no honey)
- No added salt

Please call our Sales Office for further information

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