**GLYCEMIC INDEX**

**DIABETES**

A condition where you have high blood glucose levels

Glucose stays in the blood when you don’t have enough insulin to convert food into energy

552MILLION

People will have diabetes by 2030

It’s the world’s fastest growing chronic disease

80%

Of people with diabetes will die from a heart attack or stroke

★ ★ ★

A LOW GI DIET ★ ★ ★

Improves glucose levels

Reduces insulin resistance

Improves blood cholesterol

All important for preventing and managing diabetes and reducing the risk of long-term complications

www.gisymbol.com