



GLYCEMIC INDEX TYPE 2 DIABETES



DIABETES

A CONDITION WHERE YOU HAVE HIGH BLOOD GLUCOSE LEVELS

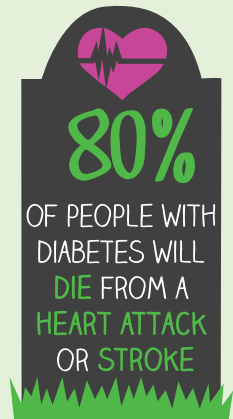


GLUCOSE STAYS IN THE BLOOD WHEN YOU DON'T
HAVE ENOUGH INSULIN TO CONVERT FOOD INTO ENERGY

552MILLION

PEOPLE WILL HAVE DIABETES BY 2030

IT'S THE WORLD'S *FASTEST*
GROWING CHRONIC DISEASE



★★★ A LOW GI DIET ★★★



ALL IMPORTANT FOR PREVENTING AND MANAGING DIABETES AND
REDUCING THE RISK OF LONG-TERM COMPLICATIONS

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