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

552 MILLION
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

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