



GLYCEMIC INDEX GI & YOUR BODY



BRAIN:
INCREASE MENTAL
PERFORMANCE



REDUCE BREAST
CANCER RISK

OVARIES:
IMPROVE SYMPTOMS
OF PCOS



EYES:
REDUCE RISK OF
AGE-RELATED MACULAR
DEGENERATION

IMPROVE
BLOOD FLOW &
REDUCE RISK
OF HEART
DISEASE

FUEL YOUR
BODY WITH
SUSTAINED
ENERGY

HEALTHY
PREGNANCY



LOW GI FOODS HELP
YOU **MANAGE WEIGHT**, REDUCE
YOUR RISK OF **TYPE 2 DIABETES**,
HEART DISEASE & **SOME CANCERS**