



GLYCEMIC INDEX

WHAT IS GI?

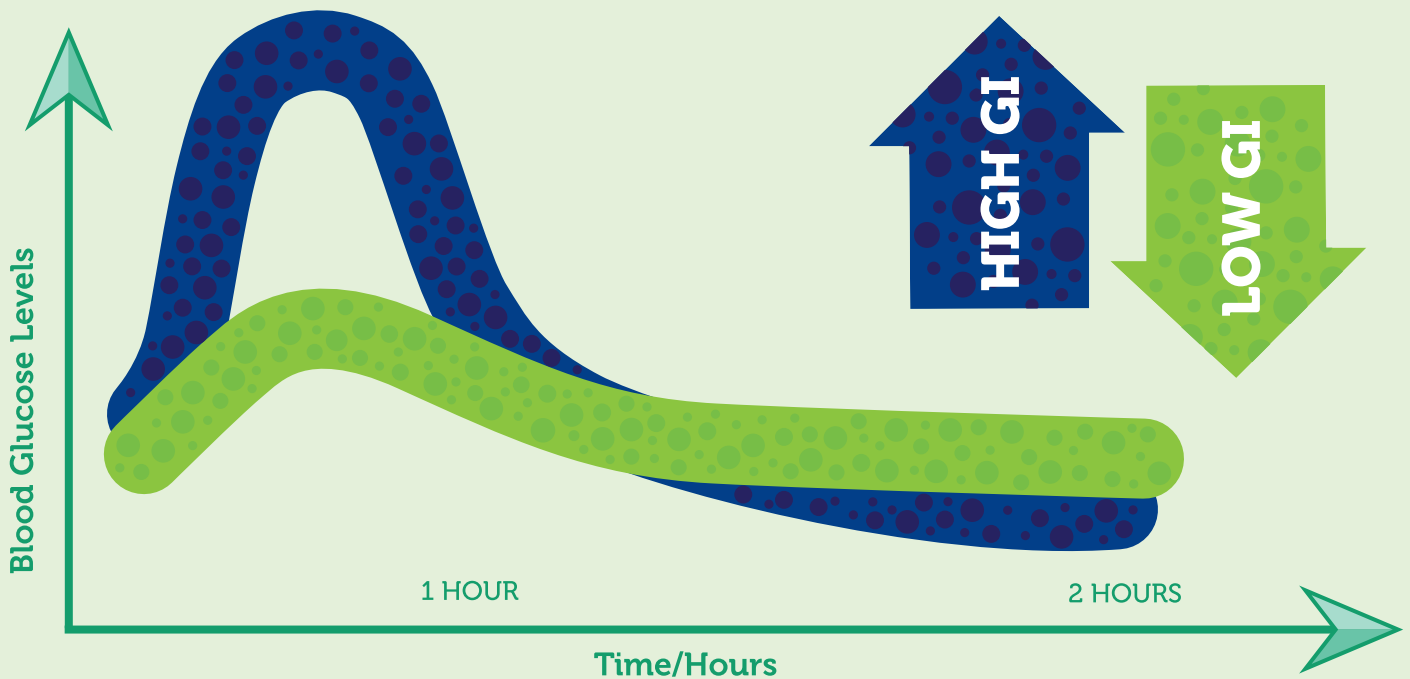


The GI measures how **carbs** affect your **blood glucose levels**, helping you choose foods for **good health**



High GI carbs cause blood glucose levels to *spike and then crash*
Low GI carbs are digested and released slowly for **sustained energy**

spike and then crash



You need **carbs** as they break down into glucose in your body providing **fuel** for most organs * our brain * muscles during exercise

