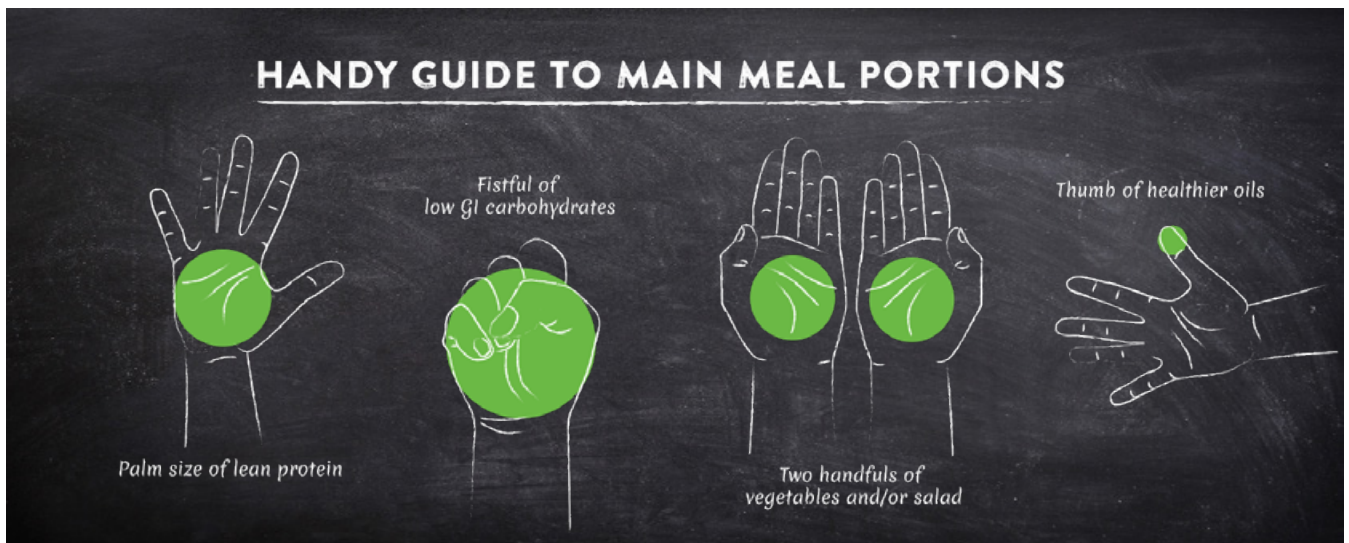


LOW GI DIET

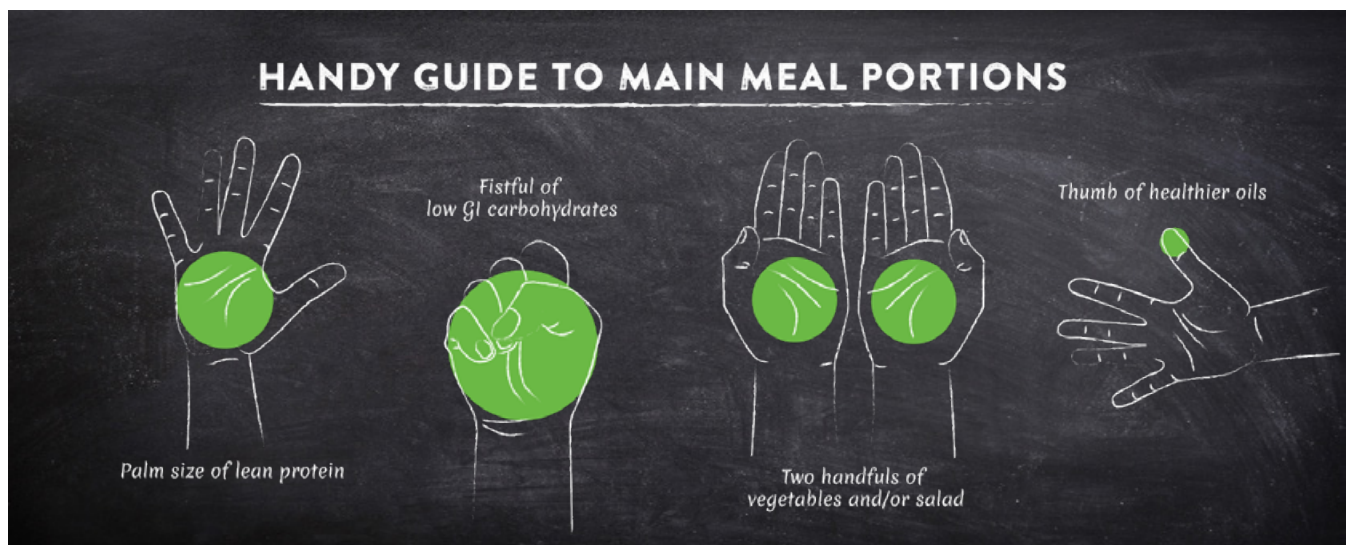
HEALTHY MEAL PLANS



A low GI diet is scientifically proven to have benefits for general health and wellbeing, and in managing conditions such as diabetes and obesity.

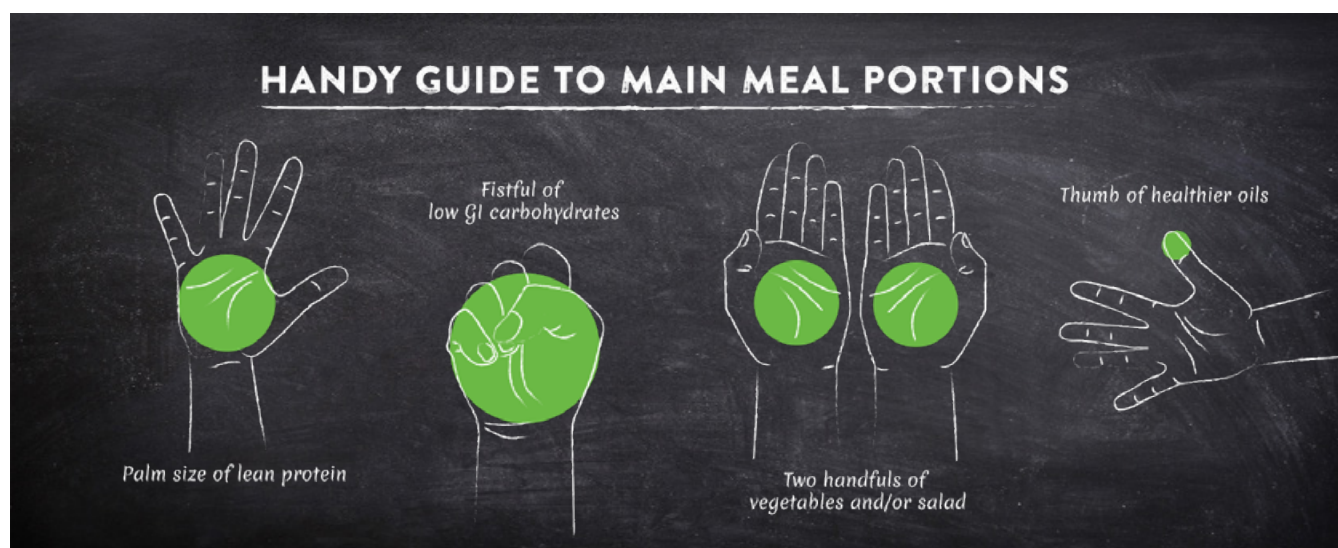
LOW GI DIET

HEALTHY MEAL PLANS



Your diet plays an important role in how energised you feel. Start the day off right by including low GI carbs at breakfast for sustained energy and better concentration.

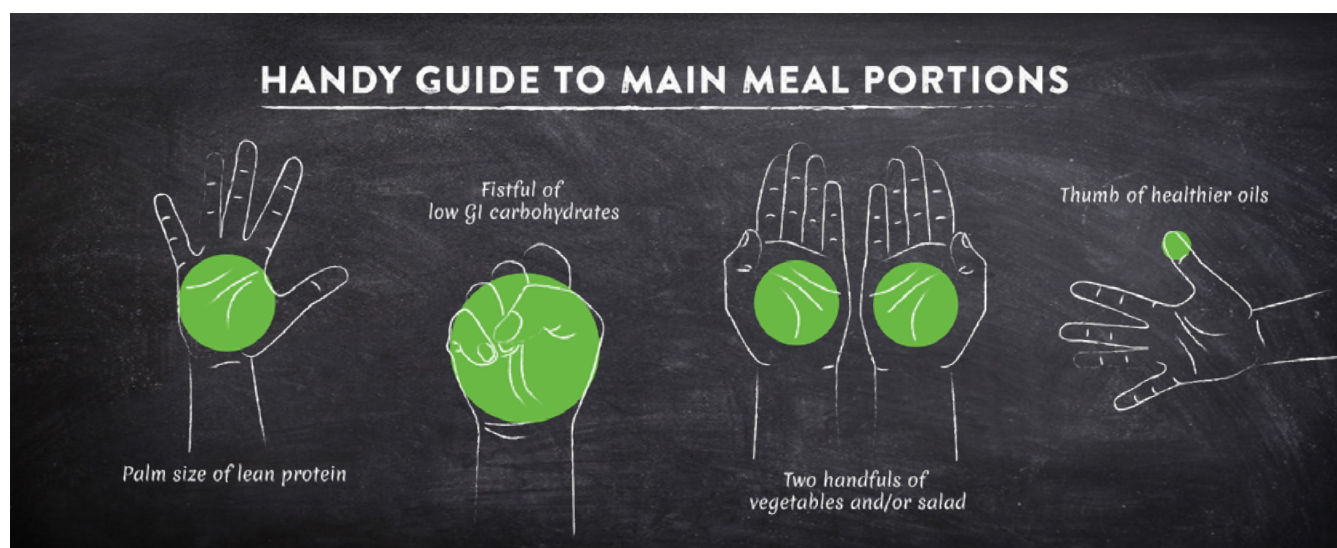
LOW GI DIET HEALTHY MEAL PLANS



The sustaining power of low GI carbs at lunch means increased vitality, helping you to avoid the dreaded afternoon slump.

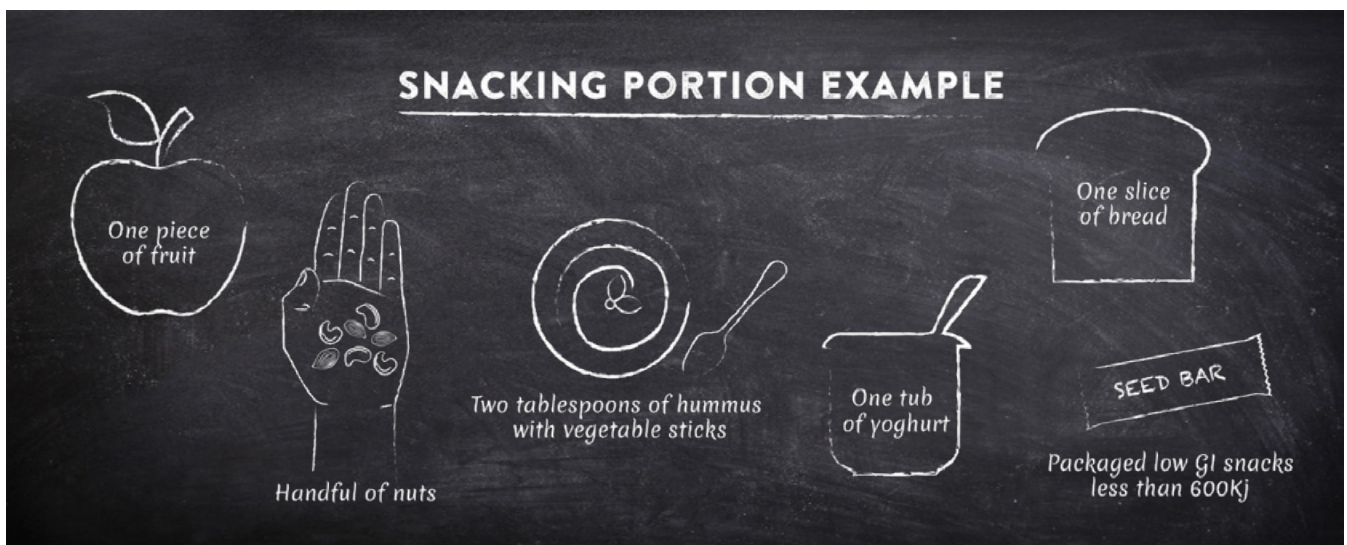
LOW GI DIET

HEALTHY MEAL PLANS



Often don't feel satisfied after dinner? Including low GI carbs will help you feel fuller for longer, curbing those cravings to overeat.

LOW GI DIET HEALTHY MEAL PLANS



If you find yourself in need of an afternoon pick me up, you don't need to go hungry – just try to snack smart with healthier low GI options that offer sustained energy and keep you feeling fuller for longer.