



# GLYCEMIC INDEX

## WHAT IS GI?

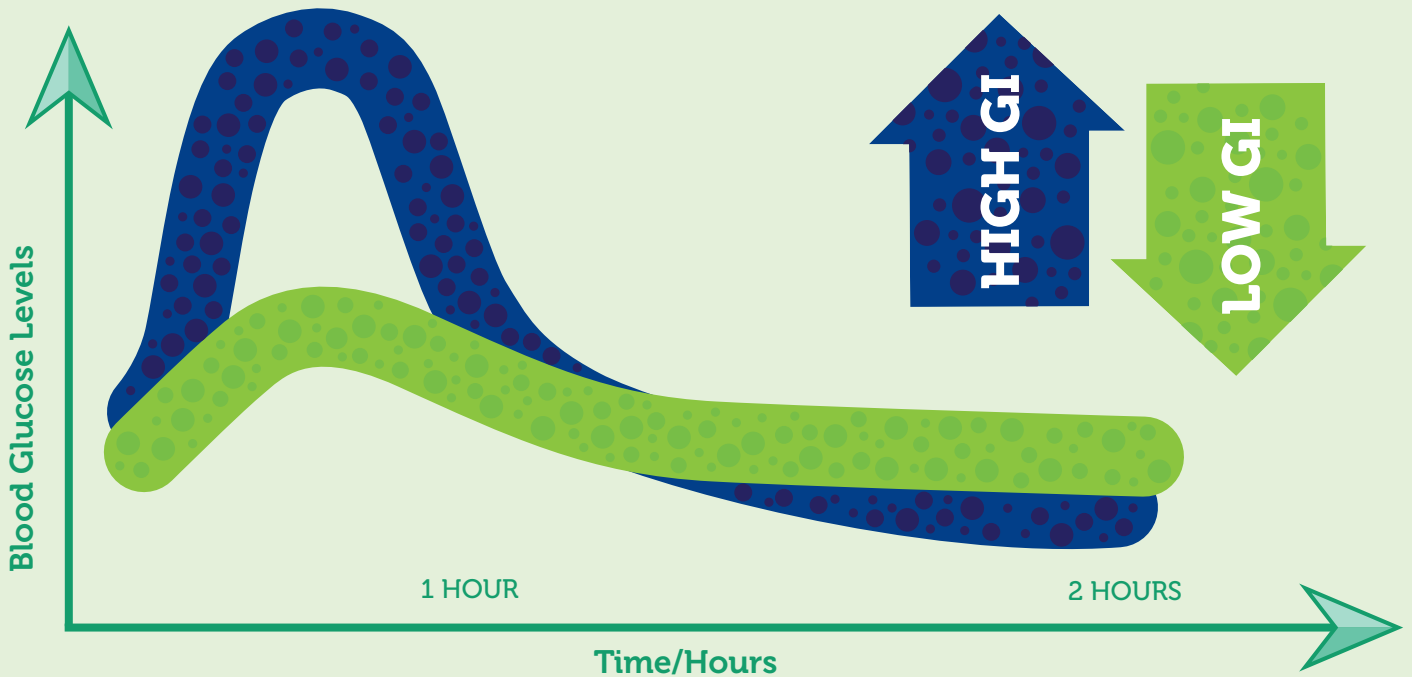


The GI measures how **carbs** affect your **blood glucose levels**, helping you choose foods for **good health**



**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

