






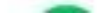
Glycemic index (GI) and Glycemic Load (GL)

FOOD CHART

The Glycemic Index (GI) is a ranking system that measures the impact of carbohydrates on our blood sugar levels. It assigns a numerical value to food based on how quickly the carbohydrates in that food are digested and absorbed. The GI ranks carbohydrates on a scale from 0 to 100 according to their effect on blood sugar levels. Foods with a high GI (70 or higher) are broken down quickly, causing blood sugar and insulin levels to rise quickly. Foods with a low GI (55 or lower) are broken down more slowly, resulting in a gradual rise in blood sugar and insulin levels. Glycemic load (GL) is a concept that has been gaining momentum in recent years. It is a measure of the impact that carbohydrates have on blood sugar levels - a crucial factor in the development and management of type 2 diabetes.

GL values range from 0 to 100 and can be classified as follows: Low GL: 0 - 10, Moderate GL: 11-19, High GL: 20

 Low: 55 or less  Medium: 56-69  High: 70 and above

MEAT		GI	GL	VEGETABLES		GI	GL	BEVERAGES		GI	GL	FRUIT		GI	GL
Beef (steak, etc.)		0	0.0	Artichoke		20	1.2	Agave (syrup)		15	11.4	Acerola, Barbados Cherry (fresh)		20	0.1
Beef brains		0	0.0	Avocado		10	0.9	Apple juice		41	4.5	An Apple		36	5.0
Beef Stroganoff		56	7.3	Baked potato		95	20.0	Apple juice (sugar free)		50	5.7	Applesauce (unsweetened)		35	4.0
Boiled beef tongue		0	0.0	Beetroot (fresh)		30	2.6	Beer		70	2.5	Apricot		34	3.8
Boiled chicken breast		0	0.0	Beets (Boiled)		65	7.0	Carrot Juice (unsweetened)		40	2.6	Apricots (canned in syrup)		60	12.9
Boiled lamb		0	0.0	Black olives		15	4.8	Cocoa Powder (Sugar Free)		20	4.4	Banana		48	10.1
Boiled lean beef		0	0.0	Boiled potatoes		70	12.3	Coffee beans		50	0.1	Bananas (Dried)		48	42.4
Boiled veal		0	0.0	Broccoli		15	0.5	Cranberry juice (sugar free)		50	7.3	Black currant (fresh berry)		15	1.1
Chicken		0	0.0	Broccoli (cooked)		45	3.1	Cranberry Juice (unsweetened)		50	7.3	Blackberry (fresh berry)		25	2.5
Chicken (fried)		0	0.0	Brussels sprouts		15	0.3	Dry cider		40	11.6	Blueberries		53	4.0
Chickens		0	0.0	Brussels sprouts (fresh)		15	1.1	Grape juice (sugar free)		55	9.3	Blueberry		25	2.0
Cooked sausage		34	9.5	Canned vegetables (factory)		65	3.4	Grape Juice (unsweetened)		45	6.9	Breadfruit		65	17.6
Duck		0	0.0	Capers		20	0.8	Grapefruit juice (sugar free)		45	4.5	Canned Grapefruit		47	4.3
Fat		0	0.0	Carrot (cooked)		85	4.3	Grapefruit juice (unsweetened)		45	2.7	Canned pears		55	8.6
Fat Pork		0	0.0	Carrot (fresh)		30	2.0	Lemon juice (unsweetened)		20	0.6	Cherry (sweet, fresh)		25	4.0
Foie gras, goose liver paste (canned)		0	0.0	Cauliflower		15	0.8	Orange juice		48	4.8	Cherry plum		25	0.0