

# WHY LOW-GLYCAEMIC IMPACT?

LEADING A LOW-GLYCAEMIC-IMPACT (GI) LIFESTYLE DOESN'T HAVE TO BE COMPLICATED. HERE'S A QUICK INTRO ON HOW THE GI OF FOODS AFFECTS YOUR METABOLISM AND HELPS YOU BURN FAT.

BLOOD SUGAR LEVELS

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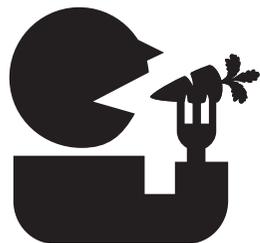


**HIGH-GI FOODS** SPIKE YOUR BLOOD SUGAR, CAUSING YOU TO LEAVE FAT-BURNING ZONE...



...AND LEAD TO A **CRASH** SAPPING YOUR ENERGY.

THIS IS YOUR **FAT-BURNING ZONE**, IDEAL FOR WEIGHT LOSS.



EATING **LOW- AND MEDIUM-** GI FOODS KEEPS YOU HERE.



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A BALANCED DIET OF **LOW- AND MEDIUM-** GI FOODS GETS YOU BACK ON **TRACK TO FIND YOUR FIT**



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