

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

1

2

3

4



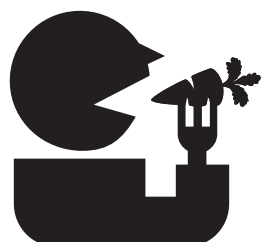
HIGH-GI FOODS

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.



5

6

7

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

