

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

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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.

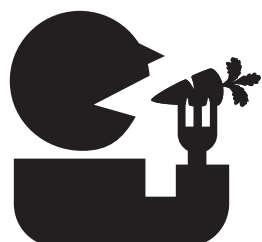
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THIS IS YOUR **FAT-BURNING ZONE**,
IDEAL FOR WEIGHT LOSS.

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



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

