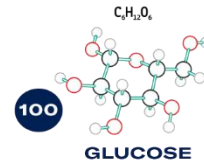


GLYCEMIC INDEX CHART



100

DOUGHNUT



CORNFLAKES



RICE CRACKERS



FRENCH FRIES



HIGH - 70 OR ABOVE

BROWN RICE



POPCORN



MUESLI



SODA



LOW - 55 OR BELOW

ORANGE JUICE



BANANA



CHOCOLATE



SPAGHETTI



DAIRY MILK



SOYA BEANS



0

