



# GLYCEMIC INDEX PREGNANCY

## eat smart during pregnancy

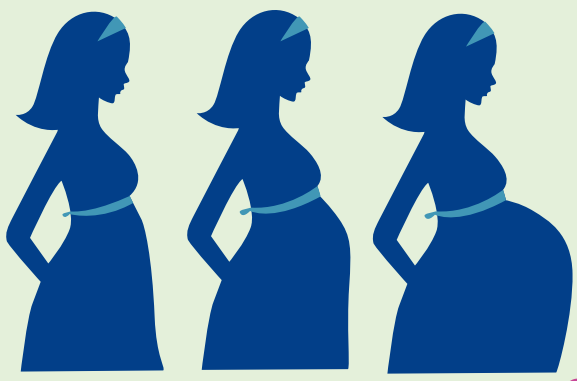


A HEALTHY LOW GI DIET  
ENSURES YOUR CHILD'S  
FUTURE HEALTH



KEEPING YOUR BLOOD GLUCOSE LEVELS LOW HELPS PREVENT YOUR  
BABY BEING BORN WITH EXCESS BODY FAT AND REDUCES THE RISK  
OF TYPE 2 DIABETES IN LATER LIFE

EATING FOR  
TWO?  
**myth**



YOU ONLY NEED  
**10% MORE**  
ENERGY

GOING LOW GI HELPS YOUR BABY GROW  
AT A HEALTHY RATE