



GLYCEMIC INDEX MANAGE WEIGHT

DON'T CUT CARBS!
DON'T GO HUNGRY!
JUST MAKE **SIMPLE SWAPS** FROM HIGH TO LOW GI FOODS

MANAGE HUNGER

LOW GI FOODS
MAKE YOU

FEEL FULL

BURN FAT

BY REDUCING
INSULIN LEVELS
FAT IS EASIER
TO BURN



& LESS LIKELY
TO BE STORED

MAINTAIN METABOLISM

DON'T CUT,
JUST SWAP

TO KEEP YOUR METABOLIC

RATE UP



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