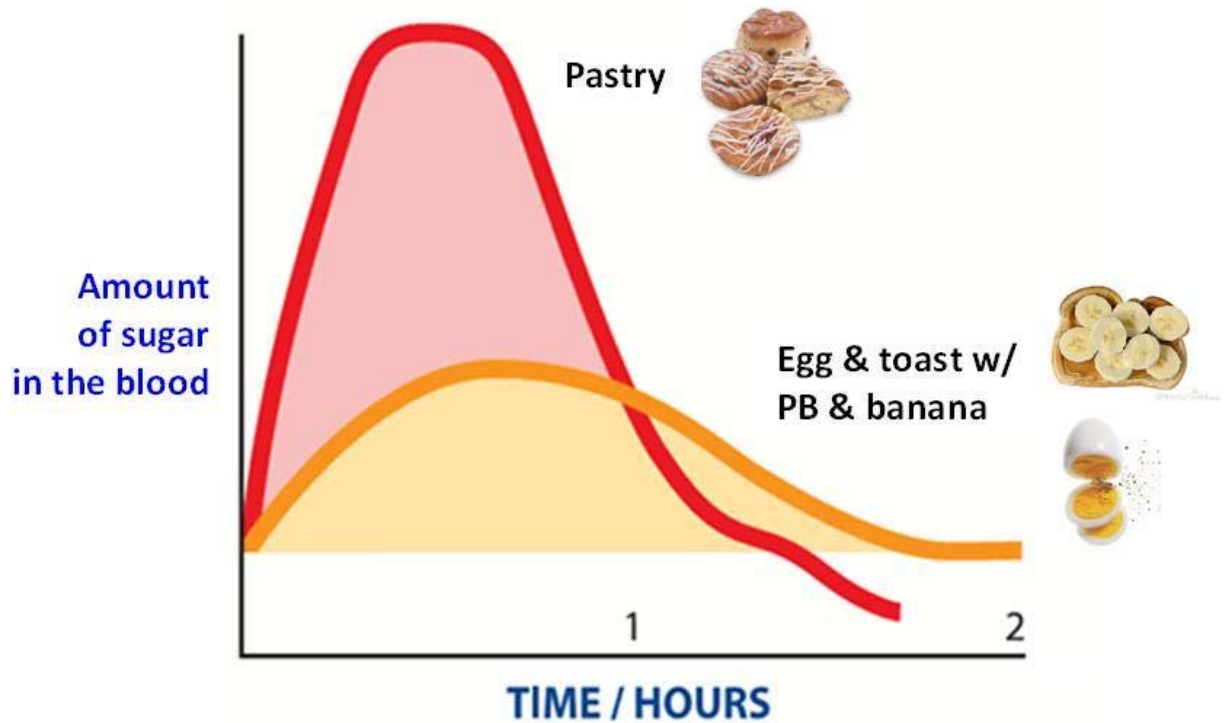




**Eat Well.
Move More.
Feel Great!**

GRAPH 3: HOW PROTEIN FOODS AFFECT BLOOD SUGAR



*This graph depicts the general response of blood glucose and will vary per individual.

Source: American Journal of Clinical Nutrition, March 2008, Volume 87, no. 3. ppg 638-644 *Glycemic index of foods: a physiological basis for carbohydrate exchange.*
 Author: Jenkins, D.



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