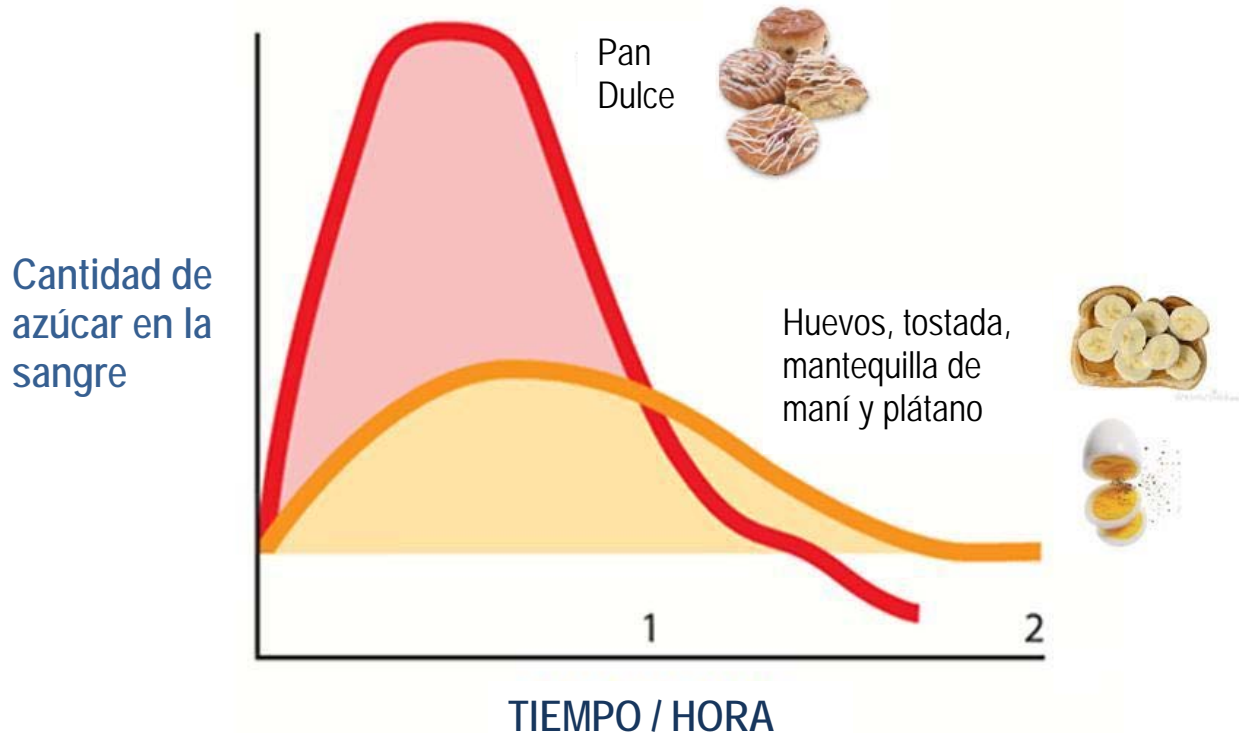




**Eat Well.
Move More.
Feel Great!**

GRAFICO 3: Como la proteína influye en la sangre



*Este gráfico representa la respuesta general de glucosa de sangre y variará por individuo

Fuente: American Journal of Clinical Nutrition, Marzo 2008, Volumen 87, no. 3. Pag. 638-644 *Glycemic index of foods: a physiological basis for carbohydrate exchange.*
Author: Jenkins, D.



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