

Low Glycemic Foods List and Low Glycemic Information in the link below

This below internet link is regarding low glycemic index foods with information about diabetes as well as tables showing the low glycemic food lists. Per some of the information contained in this below link, the foods in the contained lists are stated to be *“Low” when 55 or less on the glucose reference scale* “. See excerpt below in red:

“” Most varieties of legumes, pasta, fruits, and dairy products are still classified as low-GI foods (55 or less on the glucose reference scale).””

It is encouraged for the reader to conduct their own research regarding the digestion rate (faster versus slower) of a carbohydrate specific food when eaten alone versus with a medium/ high protein food and or eaten with a medium/ high fiber food to determine the rate at which the carbohydrates are processed during digestion and introduced into the body's bloodstream and tissues.

<https://diabetesjournals.org/care/article/31/12/2281/24911/International-Tables-of-Glycemic-Index-and>

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Always seek medical advice for your specific circumstances as needed for any and all questions and concerns you now have or may have in the future.

Peace, Love, Health and Tranquility from Our ZəN to your ZəN.