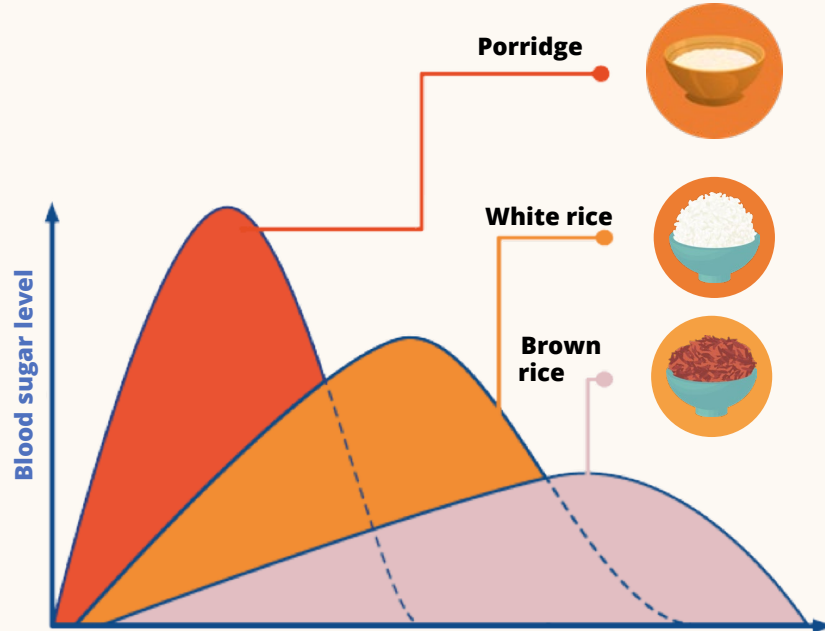


# GI of foods and blood sugar levels



**Do note that a high fat content may lower the GI of a meal. Meal 2 may have a lower GI due to its high fat content, but it is a high calorie dish and can cause weight gain in the long run.**



## **Meal 1**

Yong Tau Foo with vegetables and tofu



## **Meal 2**

Economy fried rice