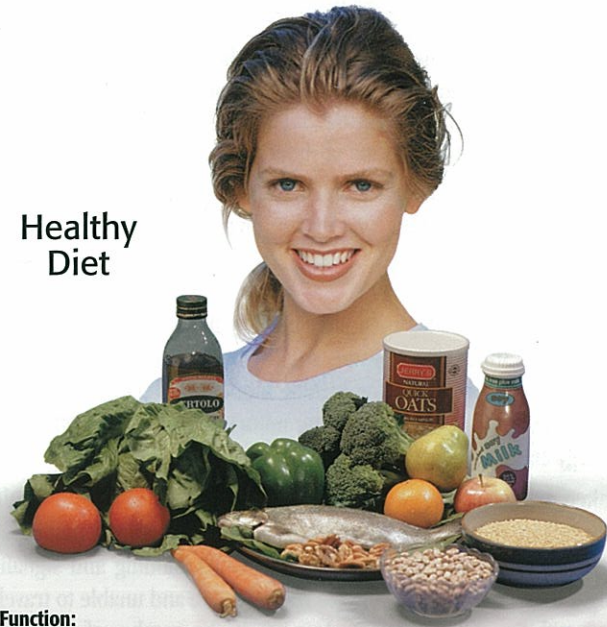
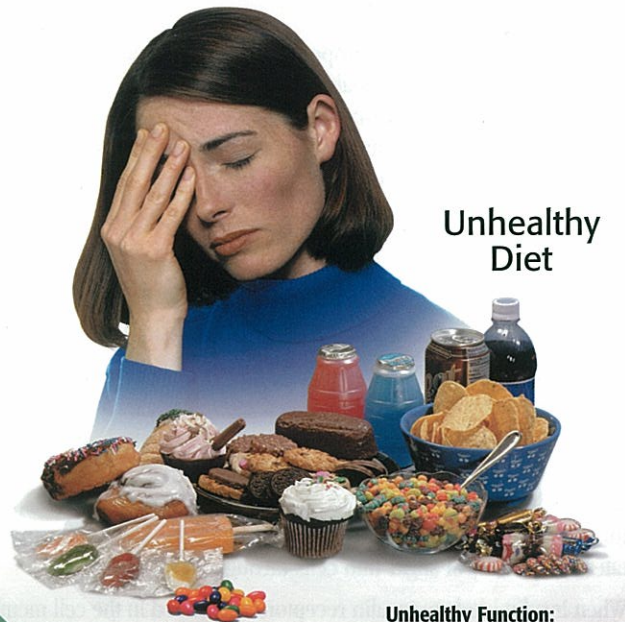


# BLOOD SUGAR METABOLISM

**Healthy Diet**



**Unhealthy Diet**

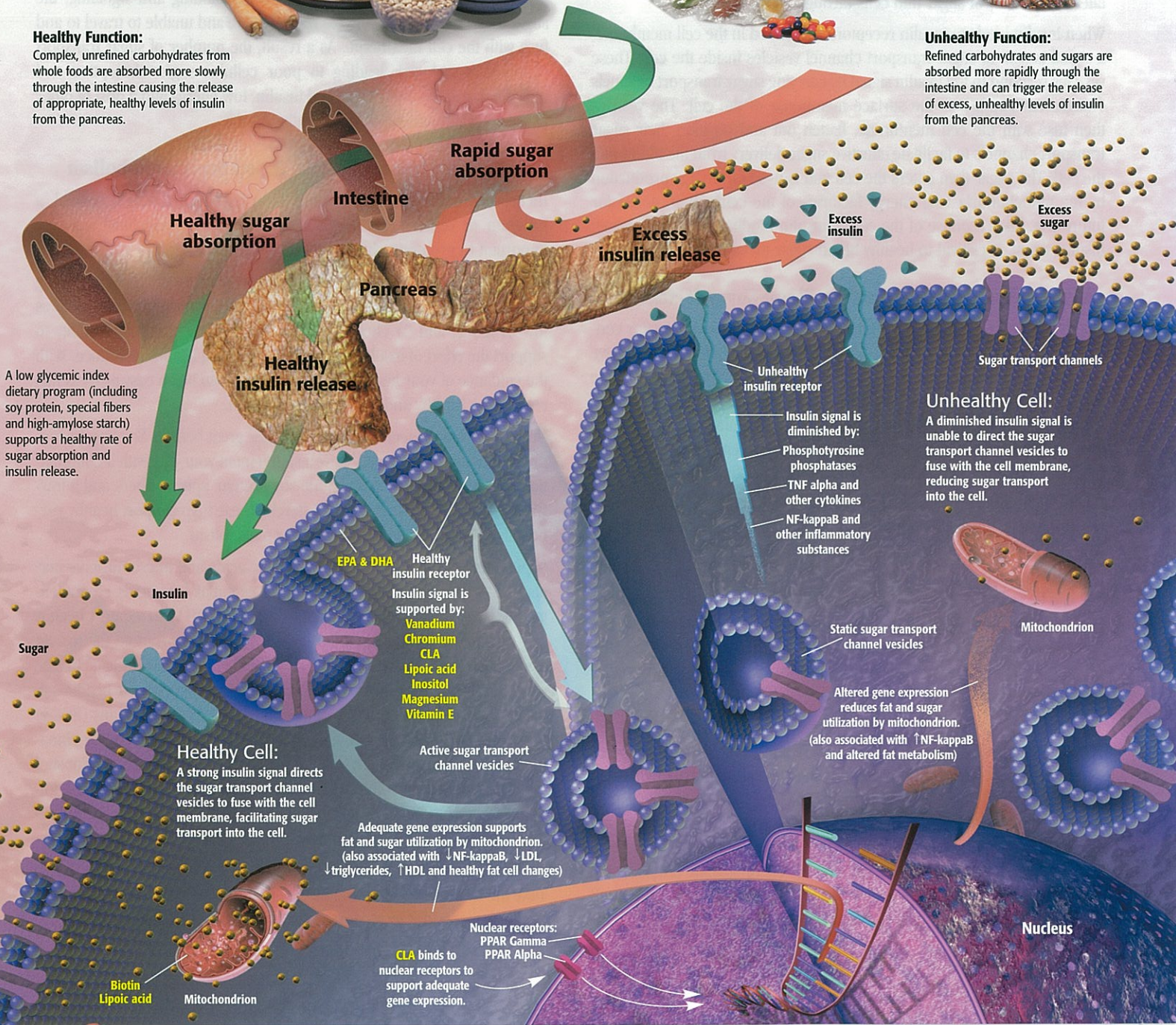


**Healthy Function:**

Complex, unrefined carbohydrates from whole foods are absorbed more slowly through the intestine causing the release of appropriate, healthy levels of insulin from the pancreas.

**Unhealthy Function:**

Refined carbohydrates and sugars are absorbed more rapidly through the intestine and can trigger the release of excess, unhealthy levels of insulin from the pancreas.



A low glycemic index dietary program (including soy protein, special fibers and high-amylose starch) supports a healthy rate of sugar absorption and insulin release.