

The GlucALite® Top 10 BEST and WORST Choices for Healthy Glucose Metabolism Chart

RANK	BEST	WORST
1	Get Informed & Decide to Take Action	Ignore the Facts & Suffer
2	Eat Right & Read Food Labels	Ignoring your Diet
3	Activity / Exercise	In-Activity Lack of Exercise
4	Fresh Fruit & Vegetables	High Fructose Corn Syrup
5	Nuts & Seeds	Processed, Enriched, Refined White Flour & White Sugar
6	Healthy Protein	Artificial Sweeteners/MSG (Excitotoxins)
7	100% Whole Grains	Sugary Instant Cereals & Sugary Powdered Drink Mixes
8	Healthy OILS	Hydrogenated Oils
9	Pure Water	Diet & Regular Soda Pop
10	Foods from Nature	Processed Man-Made foods

<http://www.glucalite.com/glucalite-glycemic-chart/>

