

Low Glycemic Index based nutrition

<https://www.sydney.edu.au/research/research-impact/how-the-glycemic-index-has-changed-the-meaning-of-healthy-food.html>

<https://www.diabetes.ca/managing-my-diabetes/tools---resources/glycemic-index-education-portal>

<http://www.glycemicindex.com/index.php>

<http://www.dietitians.ca/Learn/Distance-Learning/LODStoreProduct.aspx?guid=0efe254d-1f67-43e7-a18f-fb86e1e3cc30>

**Glycemic Index & Load Diet Assistant** is an app that lets you easily browse, search for, and display the Glycemic Index for different foods. The application also helps in keeping a body weight and blood glucose levels measurement logs (including ketone bodies and HbA1c).