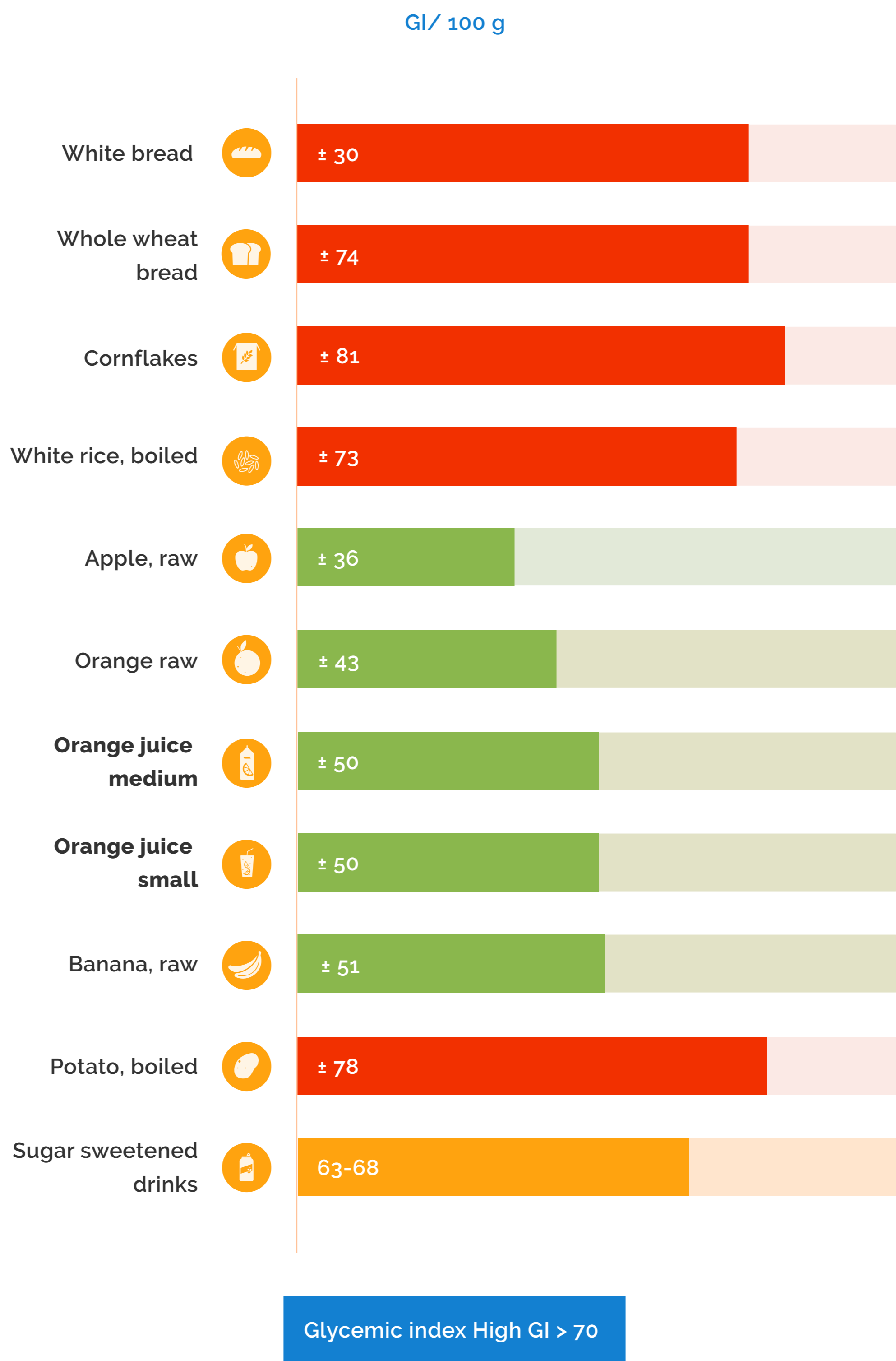


## GI of typical foods and beverages



## GL of typical foods and beverages

