Glycemic Index and Diabetes

1. What is the Glycemic Index?
2. what are the benefits of eating according the Glycemic index?
3. where do the following foods fall on the GI
	1. Whole wheat bread
	2. pretzels
	3. split peas
	4. oatmeal
	5. barley
	6. bran
	7. White bread
	8. Rice Krispies
4. What is diabetes?
5. What does insulin do in your body?
6. What is the difference between type one and type two diabetes?
7. What are some factors that can reduce or increase a person's risk for diabetes?
8. What are the current statistics on diabetes in Canada?
9. List at least five more serious health concerns diabetes can lead to.