



## **The Glycemic Index: What is It?**

Click the link below to find out more!

[http://www.eatright.org/Public/NutritionInformation/index\\_19161.cfm](http://www.eatright.org/Public/NutritionInformation/index_19161.cfm)

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

*Shape Your Future... Your Weigh!™*