

Information Sources – Glycaemic Index (GI) Food Fact Sheet

- Website: <http://www.glycemicindex.com/>
- Website: http://www.diabetes.org.uk/Guide-to-diabetes/Food_and_recipes/The-Glycaemic-Index/
- Book: [Warren JM](#), [Henry CJ](#), [Simonite V](#). Low Glycaemic Index Breakfasts and Reduced Food Intake in Preadolescent Children. [Pediatrics](#). 2003 Nov;112(5):e414.
- Book: Govindji A, Puddefoot N. The GI Plan Random House Publishing, 2004.

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