

Lower6 APP



HOW DOES IT WORK?

Topics

- 1) How to prepare a low glycemic indexed meal.(RECIPE)**
- 2) How to purchase already prepared low glycemic indexed foods in your local area.**
- 3) How can you expand your choices of healthy tasting foods.**
- 4) How to look up a food manufacturer and the low glycemic foods they offer.**

How to prepare a low glycemic indexed meal. (RECIPES)










1. Enter "Tortilla" in the search window

2. Click the search button

The screenshot shows a mobile application interface for searching food. At the top, there is a green header with a white back arrow and the text "Search Food". Below the header is a white search area. A text input field labeled "Food:" contains the word "tortilla". Below the input field, the text "Glycemic index Classification:" is displayed. Underneath this text are four boxes, each containing a different number of red flame icons: the first box has one flame, the second has two, the third has three, and the fourth has four. At the bottom of the search area is a large green button with the word "Search" written in white.

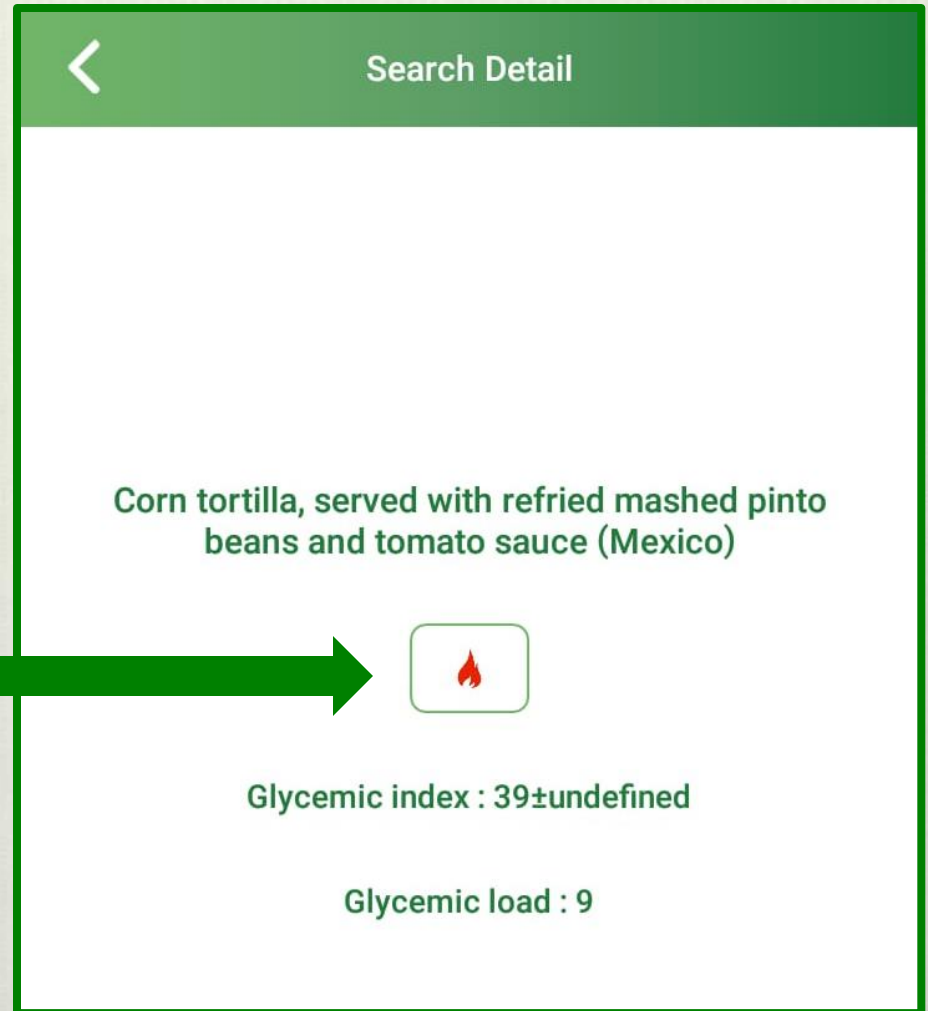
The results for TORTILLAS are grouped by SIMILAR FLAVOR and GLYCEMIC INDEX are displayed. (FLAMES)

If you would like to eat a **CORN FLAVORED** tortilla that is **LOW glycemic index** then click on the box and discover the information.

Search Result	
	Corn tortilla, made from white corn, Diego's bran... Glycemic index : 49±6 Glycemic load : 11
	Flaxseed Tortilla chips, Sea Salt Glycemic index : 45±6 Glycemic load : 9
	Flaxseed Tortilla chips, Spicy Glycemic index : 34±5 Glycemic load : 7
	Tortilla (Zea mays and Olneya tesota) Glycemic index : 38±undefined Glycemic load : 9
	Corn tortilla (Mexico) Glycemic index : 52±undefined Glycemic load : 12
	Corn tortilla, served with refried mashed pinto be... Glycemic index : 39±undefined Glycemic load : 9
	Corn tortilla, fried, with mashed potato, fresh to... Glycemic index : 78±undefined Glycemic load : 11
	Wheat tortilla (Mexico) Glycemic index : 30±undefined Glycemic load : 8
	Wheat tortilla served with refried pinto beans an... Glycemic index : 28±undefined Glycemic load : 5

One Flame Recipe (No food Manufacturer listed)










In this case the app displays a **RECIPIE** because no food manufacturer is listed. Eat a “corn tortilla, served with refried mashed pinto beans and tomato sauce.” (Low glycemic index)



The screenshot shows a mobile application interface with a green header bar containing a back arrow and the text "Search Detail". Below the header, the recipe name "Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexico)" is displayed. A green arrow points from the text box on the left to a red flame icon inside a rounded square. Below the icon, the text "Glycemic index : 39±undefined" and "Glycemic load : 9" are shown.

Why is a Tortilla with the same FLAVOR have a higher Glycemic Index? (4 flames)

Click on the box and find out the informaton.


Search Result	
	Corn tortilla, made from white corn, Diego's bran... Glycemic index : 49±6 Glycemic load : 11
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	Wheat tortilla served with refried pinto beans an... Glycemic index : 28±undefined Glycemic load : 5

The results for TORTILLAS are grouped by SIMILAR FLAVOR and GLYCEMIC INDEX are displayed. (FLAMES)

If we eat a “corn tortilla, FRIED, with mashed potato, fresh tomato and lettuce” since there is no manufacturer listed this is a recipe which shows that when we FRY the corn flavored tortilla the glycemic index increases.

< Search Detail

Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexico)



Glycemic index : 78±undefined

Glycemic load : 11

How to purchase already prepared low glycemic indexed foods in your local area.

1. Enter "Pasta" in the search window.

2. Click the search button

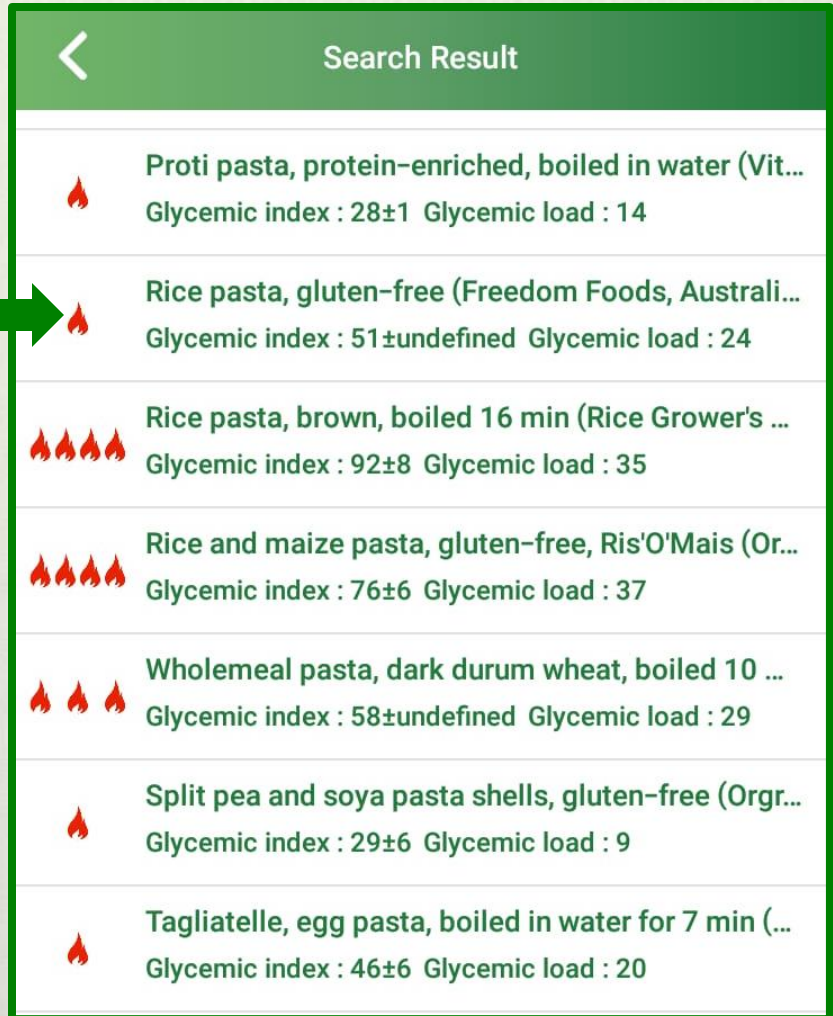
Search Food








Food :

Glycemic index Classification:

The app suggest that this is not a RECIPE but a FOOD FOR PURCHASE. (Freedom Foods is the MANUFACTURER)

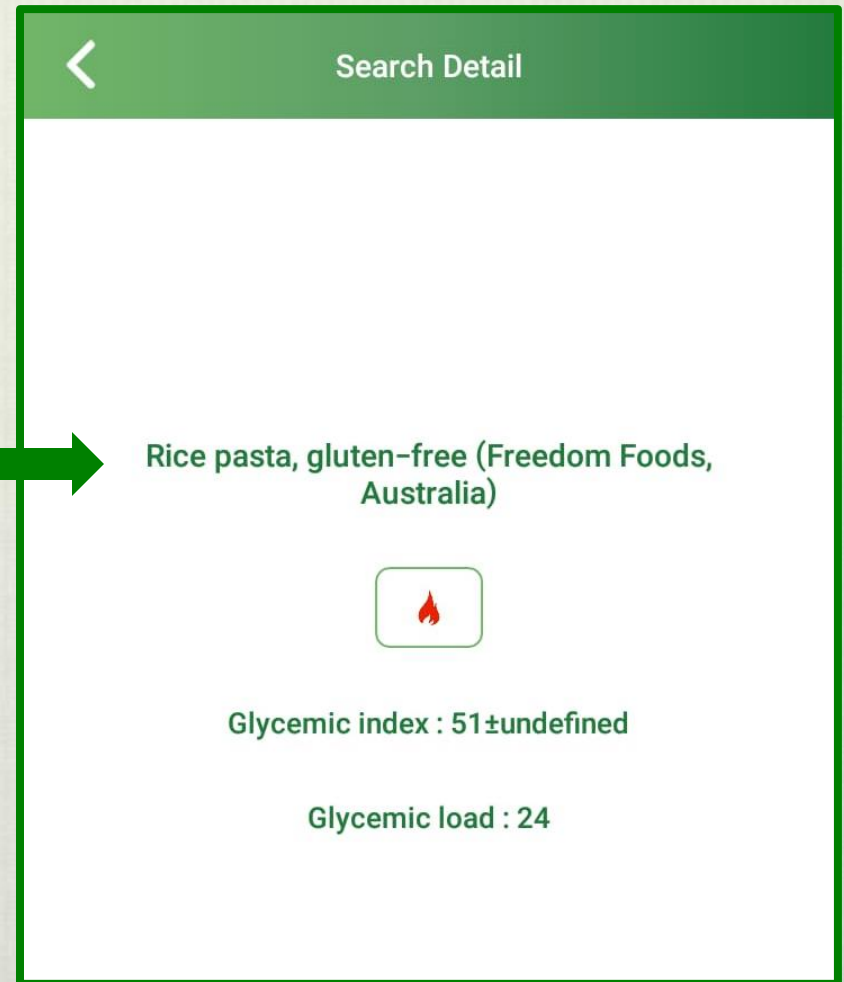
Click on the box listing rice flavored pasta, low glycemic indexed meal. (1 flame)



Search Result	
	Proti pasta, protein-enriched, boiled in water (Vit... Glycemic index : 28±1 Glycemic load : 14
	Rice pasta, gluten-free (Freedom Foods, Australi... Glycemic index : 51±undefined Glycemic load : 24
	Rice pasta, brown, boiled 16 min (Rice Grower's ... Glycemic index : 92±8 Glycemic load : 35
	Rice and maize pasta, gluten-free, Ris'O'Mais (Or... Glycemic index : 76±6 Glycemic load : 37
	Wholemeal pasta, dark durum wheat, boiled 10 ... Glycemic index : 58±undefined Glycemic load : 29
	Split pea and soya pasta shells, gluten-free (Orgr... Glycemic index : 29±6 Glycemic load : 9
	Tagliatelle, egg pasta, boiled in water for 7 min (... Glycemic index : 46±6 Glycemic load : 20


**The app suggest that this is not a RECIPE but a FOOD FOR PURCHASE.
(Freedom Foods is the MANUFACTURER)**

Food for purchase



I can go to any internet search engine and type in the following;

Rice pasta, gluten-free, Freedom Foods



51	Glycemic index
24	Glycemic load
180	Serving size (g)
47	Carbohydrates per serving (g)

Q Home History Profile

Google

Where can I find Rice Flavored Pasta, gluten free made by FREEDOM FOODS...



Google Search

I'm Feeling Lucky

See Where can I purchase RICE PASTA GLUTEN F...

Sponsored

I can either purchase this food at my local WALMART or through the company website, FREEDOM FOODS



Express

Tinkyada Gluten Free Brown Rice...
\$3.99
Walmart & Final



Tinkyada Gluten Free Organic...
\$3.99
Jet.com
★★★★★ (72)



Store pickup

Tinkyada Brown Rice Pasta -...
\$3.16
Walmart
★★★★★ (441)



In store

Tinkyada Brown Rice Spaghetti...
\$3.39
Target
★★★★★ (441)



Tinkyada Brown Rice Elbow Past...
\$3.49
Vitacost.com
★★★★★ (116)



Hours ▾

Sort by ▾

A Walmart
Discount Store
1.7 mi · 710 Dennerly Rd · (619) 428-4000

Their website mentions **buy freedom foods, rice, and gluten-free**

WEBSITE

DIRECTIONS

Lets say we want to look up foods manufactured by KELLOGG.

Just enter the name of the manufacturer

Click Search

The screenshot shows a mobile application interface titled "Search Food". At the top left is a back arrow icon. Below the title is a search input field containing the text "Kellogg". Underneath the input field is the text "Glycemic index Classification:" followed by four icons, each containing a different number of red flame emojis (1, 2, 3, and 4 respectively). At the bottom of the interface is a dark green button with the text "Search".

Food : Kellogg

Glycemic index Classification:

Search

The app displays the flavor and glycemic index of foods produced by KELLOGG

Search Result	
	All-Bran TM (Kellogg's, Pagewood, NSW, Austral... Glycemic index : 30 Glycemic load : 4
	All-Bran TM (Kellogg's, Battle Creek, MI, USA) 1... Glycemic index : 38 Glycemic load : 8
	All-Bran TM (Kellogg's Inc., Canada) Glycemic index : 51±5 Glycemic load : 12
	All-Bran TM (Kellogg's, Battle Creek, MI, USA) Glycemic index : 55±7 Glycemic load : 12
	All-Bran Fruit 'n Oats TM (Kellogg's, Australia) Glycemic index : 41±9 Glycemic load : 7
	All-Bran Soy 'n fiber TM (Kellogg's, Australia) Glycemic index : 33±3 Glycemic load : 4
	All-Bran Wheat Flakes TM (Kellogg's, Australia) Glycemic index : 60±8 Glycemic load : 12

How can you expand your choices of healthy tasting foods?

- ❖ Lets say I did not enjoy the flavor of any 1 flame food, very low glycemic index pasta suggested by the APP even though I tried different flavors in that glycemic index range.
- ❖ You have the option of entering a food and clicking on 2 flames or 3 flames to find other options.
- ❖ Remember the goal is not FORCING you to eat certain foods but giving you the FREEDOM to find good tasting healthy food which YOU ENJOY EATING.



Search Result



SlimFast® Pasta Florentina meal (Glycemic index : 53 ± 5 Glycemic load :



Fusilli pasta twists, dry pasta, boiled (Glycemic index : 54 ± 11 Glycemic load :



Fusilli pasta twists, wholewheat, dry (Glycemic index : 55 ± 8 Glycemic load :



Gluten-free pasta, maize starch, boiled (Glycemic index : $54 \pm$ undefined Glycemic load :



Lasagne sheets, dry pasta, boiled (Glycemic index : 55 ± 8 Glycemic load :



Lasagne, egg, dry pasta, boiled in (Glycemic index : 53 ± 9 Glycemic load :



Lasagne, egg, verdi, dry pasta, boiled (Glycemic index : 52 ± 6 Glycemic load :



Minestrone & Pasta Instant soup,



Search Result



Fillet-O-Fish TM burger (fish patty, ... (Glycemic index : 66 ± 10 Glycemic load :



Hamburger (beef patty, ketchup, ... (Glycemic index : 66 ± 8 Glycemic load : 17



Lean beef burger (lean beef patty, ... (Glycemic index : 66 ± 4 Glycemic load : 17



McChicken TM burger (chicken pat... (Glycemic index : 66 ± 3 Glycemic load : 26



Vege Burger (vegetable patty, lettu... (Glycemic index : 59 ± 8 Glycemic load : 14

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and NEW MEDICATION now become.....**



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PATIENTS are not always COMPLIANT with TAKING MEDICATIONS but PEOPLE are always COMPLIANT with EATING FOOD.



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