

# LOWER 6 APP



HOW DOES IT WORK?

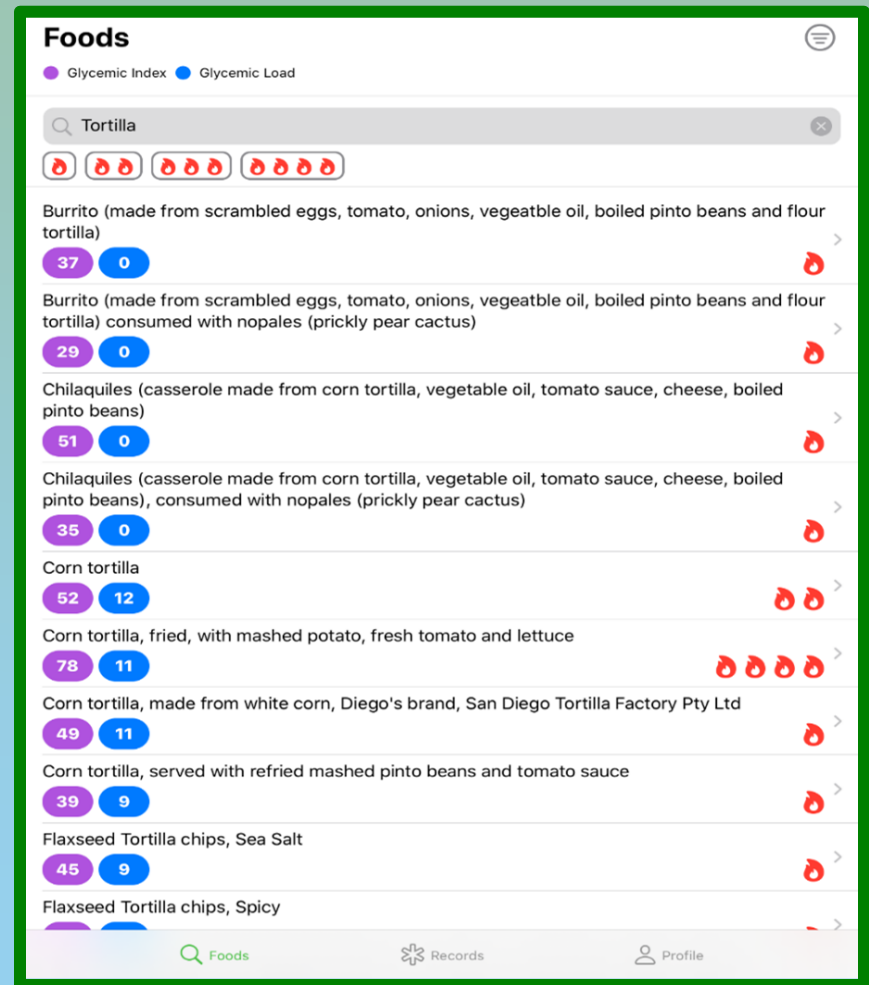
# TOPICS

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- 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.



The screenshot shows a mobile application interface for searching foods. The search bar contains the text 'Tortilla'. Below the search bar, there are four red flame icons indicating the glycemic index of the results. The results list various food items with their corresponding Glycemic Index (GI) and Glycemic Load (GL) values. The items are sorted by GI, with the lowest GI values at the top.

Food Item	Glycemic Index (GI)	Glycemic Load (GL)
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla)	37	0
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	29	0
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	51	0
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	35	0
Corn tortilla	52	12
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce	78	11
Corn tortilla, made from white corn, Diego's brand, San Diego Tortilla Factory Pty Ltd	49	11
Corn tortilla, served with refried mashed pinto beans and tomato sauce	39	9
Flaxseed Tortilla chips, Sea Salt	45	9
Flaxseed Tortilla chips, Spicy		

The bottom navigation bar of the app includes icons for 'Foods', 'Records', and 'Profile'.

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

The screenshot shows a mobile application interface for food tracking. At the top, the title 'Foods' is displayed. Below it, there are two filter options: 'Glycemic Index' (selected with a purple dot) and 'Glycemic Load' (unselected with a blue dot). A search bar contains the text 'Tortilla'. Below the search bar, there are four flame icons representing the 'FLAMES' rating. The main content area lists ten food items, each with a description, a Glycemic Index value in a purple circle, a Glycemic Load value in a blue circle, and a 'FLAMES' rating represented by red flame icons. A navigation bar at the bottom contains three icons: a magnifying glass for 'Foods', a star for 'Records', and a person icon for 'Profile'.

Food Item	Glycemic Index	Glycemic Load	FLAMES Rating
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla)	37	0	1
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	29	0	1
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	51	0	1
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	35	0	1
Corn tortilla	52	12	2
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce	78	11	4
Corn tortilla, made from white corn, Diego's brand, San Diego Tortilla Factory Pty Ltd	49	11	1
Corn tortilla, served with refried mashed pinto beans and tomato sauce	39	9	1
Flaxseed Tortilla chips, Sea Salt	45	9	1
Flaxseed Tortilla chips, Spicy			

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.

The screenshot shows a mobile application interface for searching foods. The search term is 'Tortilla'. Below the search bar, there are four filter buttons, each with a flame icon and a number of flames: 1 flame (Glycemic Index 37), 2 flames (Glycemic Index 29), 3 flames (Glycemic Index 51), and 4 flames (Glycemic Index 35). The results list various tortilla dishes with their Glycemic Index (GI) and Glycemic Load (GL) values. The bottom navigation bar includes 'Foods', 'Records', and 'Profile'.

Food Item	Glycemic Index	Glycemic Load
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla)	37	0
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	29	0
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	51	0
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	35	0
Corn tortilla	52	12
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce	78	11
Corn tortilla, made from white corn, Diego's brand, San Diego Tortilla Factory Pty Ltd	49	11
Corn tortilla, served with refried mashed pinto beans and tomato sauce	39	9
Flaxseed Tortilla chips, Sea Salt	45	9
Flaxseed Tortilla chips, Spicy		

# 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 toato sauce.” (Low glycemc index)

Corn tortilla, served with refried mashed pinto beans and tomato sauce



39

Glycemic index

9

Glycemic load

100

Serving size (g)

23

Carbohydrates per serving (g)

 Foods

 Records

 Profile

The same FOOD, the same FLAVOR but a high glycemic index food. (4 flames)

Click the box that displays the corn flavored tortilla with 4 flames, (High Glycemic Index), and let us see what it says.

**Foods**

● Glycemic Index ● Glycemic Load

Q Tortilla

🔥 🔥 🔥 🔥 🔥

Food Item	Glycemic Index	Glycemic Load	Flame Count
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla)	37	0	1
Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	29	0	1
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	51	0	1
Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	35	0	1
Corn tortilla	52	12	2
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce	78	11	4
Corn tortilla, made from white corn, Diego's brand, San Diego Tortilla Factory Pty Ltd	49	11	1
Corn tortilla, served with refried mashed pinto beans and tomato sauce	39	9	1
Flaxseed Tortilla chips, Sea Salt	45	9	1
Flaxseed Tortilla chips, Spicy			1

Q Foods Records Profile

# A high glycemic index RECIPIE

The app tells us that if we **FRY** the corn tortilla and serve it with mashed potato, fresh tomato and lettuce, the meal is now a **HIGH GLYCEMIC** indexed meal.

Corn tortilla, fried, with mashed potato, fresh tomato and lettuce



78

Glycemic index

11

Glycemic load

100

Serving size (g)

15

Carbohydrates per serving (g)

 Foods

 Records

 Profile



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

For example, enter pasta in the search window.

The screenshot shows a mobile application interface for searching foods. At the top, the title 'Foods' is displayed. Below it, there are two filters: 'Glycemic Index' (selected with a purple dot) and 'Glycemic Load' (selected with a blue dot). A search bar contains the text 'Pasta'. Below the search bar, there are four icons representing different glycemic index levels: one flame, two flames, three flames, and four flames. The main content area lists various pasta products with their corresponding Glycemic Index (GI) and Glycemic Load (GL) values. Each item has a red flame icon to its right, indicating its glycemic index level. The bottom navigation bar includes icons for 'Foods', 'Records', and 'Profile'.

Food Item	Glycemic Index (GI)	Glycemic Load (GL)
Rice and maize pasta, gluten-free, Ris'O'Mais, Orgran Foods	28	14
Rice pasta, brown, boiled 16 min, Rice Grower's Co-op	76	37
Rice pasta, gluten-free, Freedom Foods	92	35
SlimFast® Pasta Florentina meal, SlimFast Foods	51	24
Split pea and soya pasta shells, gluten-free, Orgran Foods	53	12
Tagliatelle, egg pasta, boiled in water for 7 min	29	9
Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine	46	20
Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine	37	8
Wholegrain Pasta & Sauce, Creamy Sun-dried Tomato, prepared with water, reduced-fat milk & margarine	39	9
Wholegrain Pasta & Sauce, Parmesan and Cracked Pepper, prepared with water, reduced-fat milk and margarine	43	10

# Lets say you want to eat RICE FLAVORED PASTA, that is LOW GLYCEMIC INDEXED

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

**Foods**

● Glycemic Index ● Glycemic Load

Q Pasta

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Food Item	Glycemic Index	Glycemic Load	Flame Count
Rice and maize pasta, gluten-free, Ris'O'Mais, Orgran Foods	28	14	1
Rice pasta, brown, boiled 16 min, Rice Grower's Co-op	92	35	4
Rice pasta, gluten-free, Freedom Foods	51	24	1
SlimFast® Pasta Florentina meal, SlimFast Foods	53	12	2
Split pea and soya pasta shells, gluten-free, Orgran Foods	29	9	1
Tagliatelle, egg pasta, boiled in water for 7 min	46	20	1
Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine	37	8	1
Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine	39	9	1
Wholegrain Pasta & Sauce, Creamy Sun-dried Tomato, prepared with water, reduced-fat milk & margarine	43	10	1
Wholegrain Pasta & Sauce, Parmesan and Cracked Pepper, prepared with water, reduced-fat milk and margarine			

Foods Records Profile

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

**Food for PURCHASE**

Rice pasta, gluten-free, Freedom Foods




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

Foods Records Profile

The screenshot displays a mobile application interface for a food item. At the top, the text reads 'Rice pasta, gluten-free, Freedom Foods'. Below this is a red flame icon. A list of four nutritional metrics is shown, each with a colored circle containing a number: a purple circle with '51' for 'Glycemic index', a blue circle with '24' for 'Glycemic load', an orange circle with '180' for 'Serving size (g)', and a yellow circle with '47' for 'Carbohydrates per serving (g)'. At the bottom of the screen is a navigation bar with three icons: a magnifying glass labeled 'Foods', a gear labeled 'Records', and a person icon labeled 'Profile'.

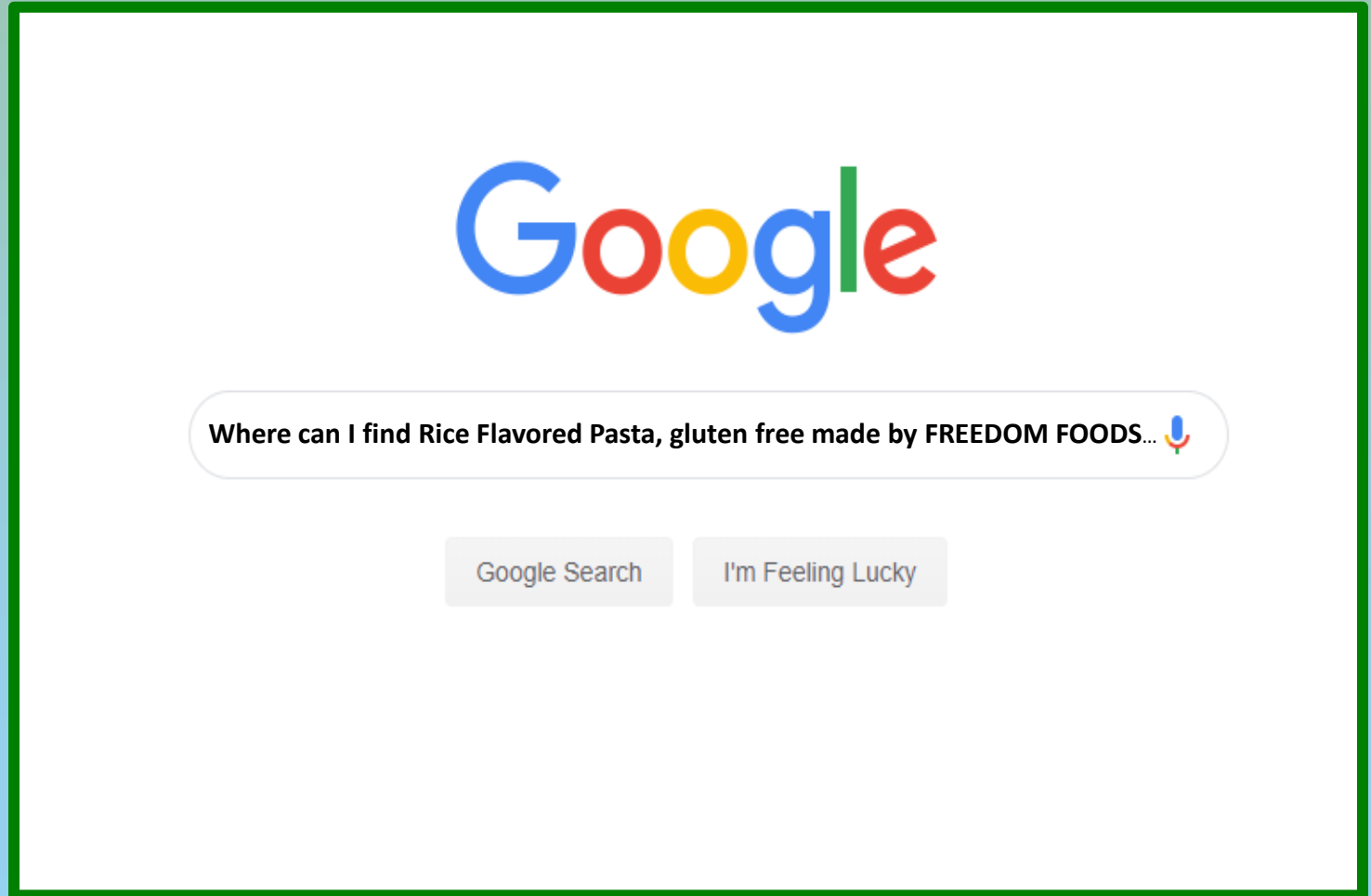
I can go to any internet search engine and type in the following;

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.

Enter the name of the manufacturer in search.

**Foods**

● Glycemic Index ● Glycemic Load

Q Kellogg

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Food Item	Glycemic Index	Glycemic Load	Visual Indicators
All-Bran Fruit 'n Oats™, Kellogg's Inc.	41	7	🔥
All-Bran Soy 'n fiber™, Kellogg's Inc.	33	4	🔥
All-Bran Wheat Flakes™, Kellogg's Inc.	60	12	🔥 🔥 🔥
All-Bran, Kellogg's	44	9	🔥
All-Bran™, high-fiber, extruded wheat bran cereal, Kellogg's Inc.	50	12	🔥
Bran Buds with psyllium, Kellogg's Inc.	47	6	🔥
Bran Buds™, Kellogg's Inc.	58	7	🔥 🔥 🔥
Bran Flakes, Kellogg's	63	12	🔥 🔥 🔥
Coco Pops™, Kellogg's	77	20	🔥 🔥 🔥 🔥
Corn Pops™, Kellogg's	80	21	🔥 🔥 🔥 🔥
Cornflakes, Crunchy Nut™, Kellogg's	72	17	🔥 🔥 🔥 🔥

🔍 Foods    🌿 Records    👤 Profile

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

**Foods**

● Glycemic Index ● Glycemic Load

Search: Kellog

Progress indicators: 1, 2, 3, 4 items

Food Item	Glycemic Index	Glycemic Load	Flavor
All-Bran Fruit 'n Oats™, Kellogg's Inc.	41	7	1
All-Bran Soy 'n fiber™, Kellogg's Inc.	33	4	1
All-Bran Wheat Flakes™, Kellogg's Inc.	60	12	3
All-Bran, Kellogg's	44	9	1
All-Bran™, high-fiber, extruded wheat bran cereal, Kellogg's Inc.	50	12	1
Bran Buds with psyllium, Kellogg's Inc.	47	6	1
Bran Buds™, Kellogg's Inc.	58	7	3
Bran Flakes, Kellogg's	63	12	3
Coco Pops™, Kellogg's	77	20	4
Corn Pops™, Kellogg's	80	21	4
Cornflakes, Crunchy Nut™, Kellogg's	72	17	4

Bottom Navigation: Foods, Records, Profile

# How can you expand your choices of healthy tasting foods?

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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 (S...  
Glycemic index :  $53 \pm 5$  Glycemic load : 1
- 🔥🔥 Fusilli pasta twists, dry pasta, boile...  
Glycemic index :  $54 \pm 11$  Glycemic load :
- 🔥🔥 Fusilli pasta twists, wholewheat, dry...  
Glycemic index :  $55 \pm 8$  Glycemic load :
- 🔥🔥 Gluten-free pasta, maize starch, boi...  
Glycemic index :  $54 \pm \text{undefined}$  Glycem
- 🔥🔥 Lasagne sheets, dry pasta, boiled in...  
Glycemic index :  $55 \pm 8$  Glycemic load :
- 🔥🔥 Lasagne, egg, dry pasta, boiled in u...  
Glycemic index :  $53 \pm 9$  Glycemic load :
- 🔥🔥 Lasagne, egg, verdi, dry pasta, boile...  
Glycemic index :  $52 \pm 6$  Glycemic load :
- 🔥🔥 Minestrone & Pasta Instant soup, lo



## Search Result

- 🔥🔥🔥 Fillet-O-Fish TM burger (fish patty,...  
Glycemic index :  $66 \pm 10$  Glycemic load : ...
- 🔥🔥🔥 Hamburger (beef patty, ketchup,...  
Glycemic index :  $66 \pm 8$  Glycemic load : 17
- 🔥🔥🔥 Lean beef burger (lean beef patty,...  
Glycemic index :  $66 \pm 4$  Glycemic load : 17
- 🔥🔥🔥 McChicken TM burger (chicken pat...  
Glycemic index :  $66 \pm 3$  Glycemic load : 26
- 🔥🔥🔥 Vege Burger (vegetable patty, lettuc...  
Glycemic index :  $59 \pm 8$  Glycemic load : 14

With the Lower 6 phone app your ADDITIONAL PHARMACY and  
NEW MEDICATION now become.....



# Your GROCERY STORE and FOOD



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



[www.lower6app.com](http://www.lower6app.com)