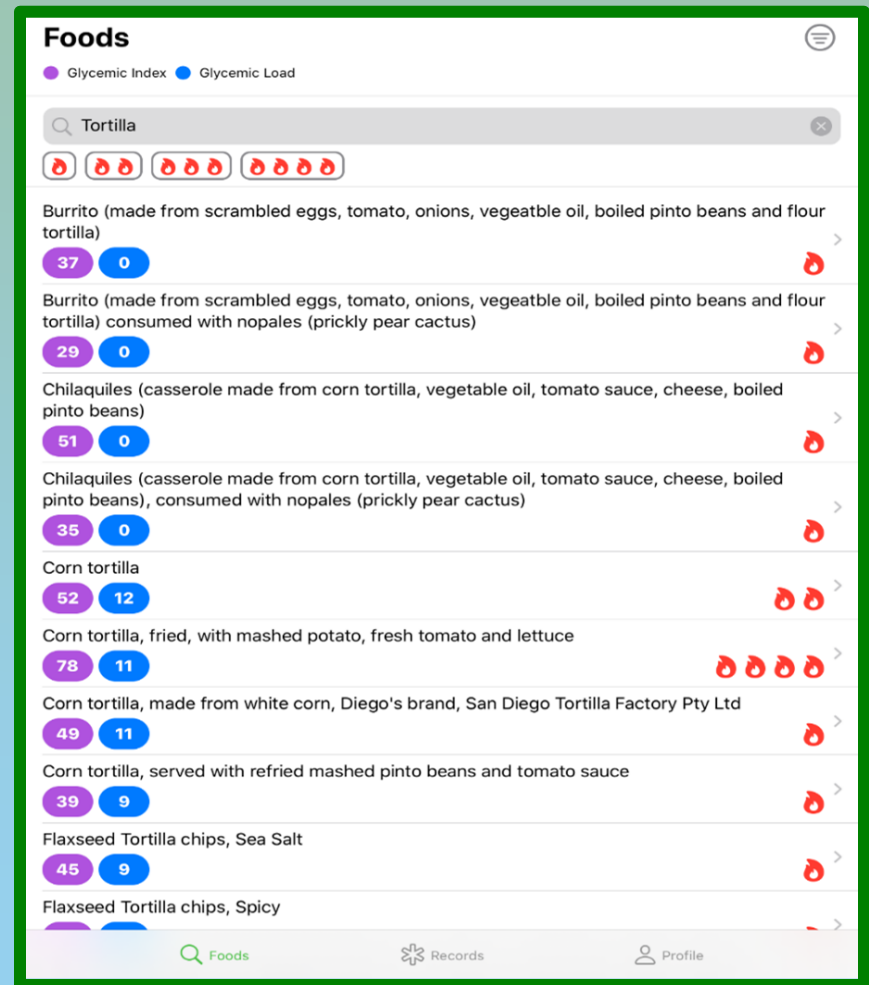# LOWER 6 APP

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.

Foods

● Glycemic Index   ● Glycemic Load

🔍 Tortilla ⊗

🔥 🔥🔥 🔥🔥🔥 🔥🔥🔥🔥

Burrito (made from scrambled eggs, tomato, onions, vegeatble oil, boiled pinto beans and flour tortilla)
37 **0** 🔥

Burrito (made from scrambled eggs, tomato, onions, vegeatble 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

🔍 Foods   ✳ Records   ☺ Profile

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

Foods

🟣 Glycemic Index 🔵 Glycemic Load

🔍 Tortilla ⊗

🔥 🔥🔥 🔥🔥🔥 🔥🔥🔥🔥

Burrito (made from scrambled eggs, tomato, onions, vegeatble oil, boiled pinto beans and flour tortilla)
37 0   🔥 ›

Burrito (made from scrambled eggs, tomato, onions, vegeatble 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

🔍 Foods   ✳️ Records   👤 Profile

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.

Foods

🟣 Glycemic Index 🔵 Glycemic Load

🔍 Tortilla

🔥 🔥🔥 🔥🔥🔥 🔥🔥🔥🔥

Burrito (made from scrambled eggs, tomato, onions, vegeatble oil, boiled pinto beans and flour tortilla)
🟣 37 🔵 0 🔥

Burrito (made from scrambled eggs, tomato, onions, vegeatble 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

🔍 Foods   ✳️ Records   👤 Profile

One Flame Recipe (No food Manufacturer listed)

In this case the app displays a RECIPIE because no food manufactrer is listed. Eat a "corn tortilla, served with refried mashed pinto beans and toato sauce." (Low glycemic 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

🔍 Tortilla ⊗

[🔥] [🔥🔥] [🔥🔥🔥] [🔥🔥🔥🔥]

Burrito (made from scrambled eggs, tomato, onions, vegeatble oil, boiled pinto beans and flour tortilla)
[37] [0] 🔥

Burrito (made from scrambled eggs, tomato, onions, vegeatble 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

🔍 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.

Foods

● Glycemic Index ● Glycemic Load

🔍 Pasta ⊗

| 🔥 | 🔥🔥 | 🔥🔥🔥 | 🔥🔥🔥🔥 |

28 **14** 🔥 ›
Rice and maize pasta, gluten-free, Ris'O'Mais, Orgran Foods

76 **37** 🔥🔥🔥🔥 ›
Rice pasta, brown, boiled 16 min, Rice Grower's Co-op

92 **35** 🔥🔥🔥🔥 ›
Rice pasta, gluten-free, Freedom Foods

51 **24** 🔥 ›
SlimFast® Pasta Florentina meal, SlimFast Foods

53 **12** 🔥🔥 ›
Split pea and soya pasta shells, gluten-free, Orgran Foods

29 **9** 🔥 ›
Tagliatelle, egg pasta, boiled in water for 7 min

46 **20** 🔥 ›
Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine

37 **8** 🔥 ›
Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine

39 **9** 🔥 ›
Wholegrain Pasta & Sauce, Creamy Sun-dried Tomato, prepared with water, reduced-fat milk & margarine

43 **10** 🔥 ›
Wholegrain Pasta & Sauce, Parmesan and Cracked Pepper, prepared with water, reduced-fat milk and margarine

🔍 Foods   ✳ Records   👤 Profile

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

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

Foods

- Glycemic Index
- Glycemic Load

🔍 Pasta ⊗

🔥 | 🔥🔥 | 🔥🔥🔥 | 🔥🔥🔥🔥

28 **14** 🔥
Rice and maize pasta, gluten-free, Ris'O'Mais, Orgran Foods

76 **37** 🔥🔥🔥🔥
Rice pasta, brown, boiled 16 min, Rice Grower's Co-op

92 **35** 🔥🔥🔥🔥
Rice pasta, gluten-free, Freedom Foods

51 **24** 🔥
SlimFast® Pasta Florentina meal, SlimFast Foods

53 **12** 🔥🔥
Split pea and soya pasta shells, gluten-free, Orgran Foods

29 **9** 🔥
Tagliatelle, egg pasta, boiled in water for 7 min

46 **20** 🔥
Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine

37 **8** 🔥
Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine

39 **9** 🔥
Wholegrain Pasta & Sauce, Creamy Sun-dried Tomato, prepared with water, reduced-fat milk & margarine

43 **10** 🔥
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

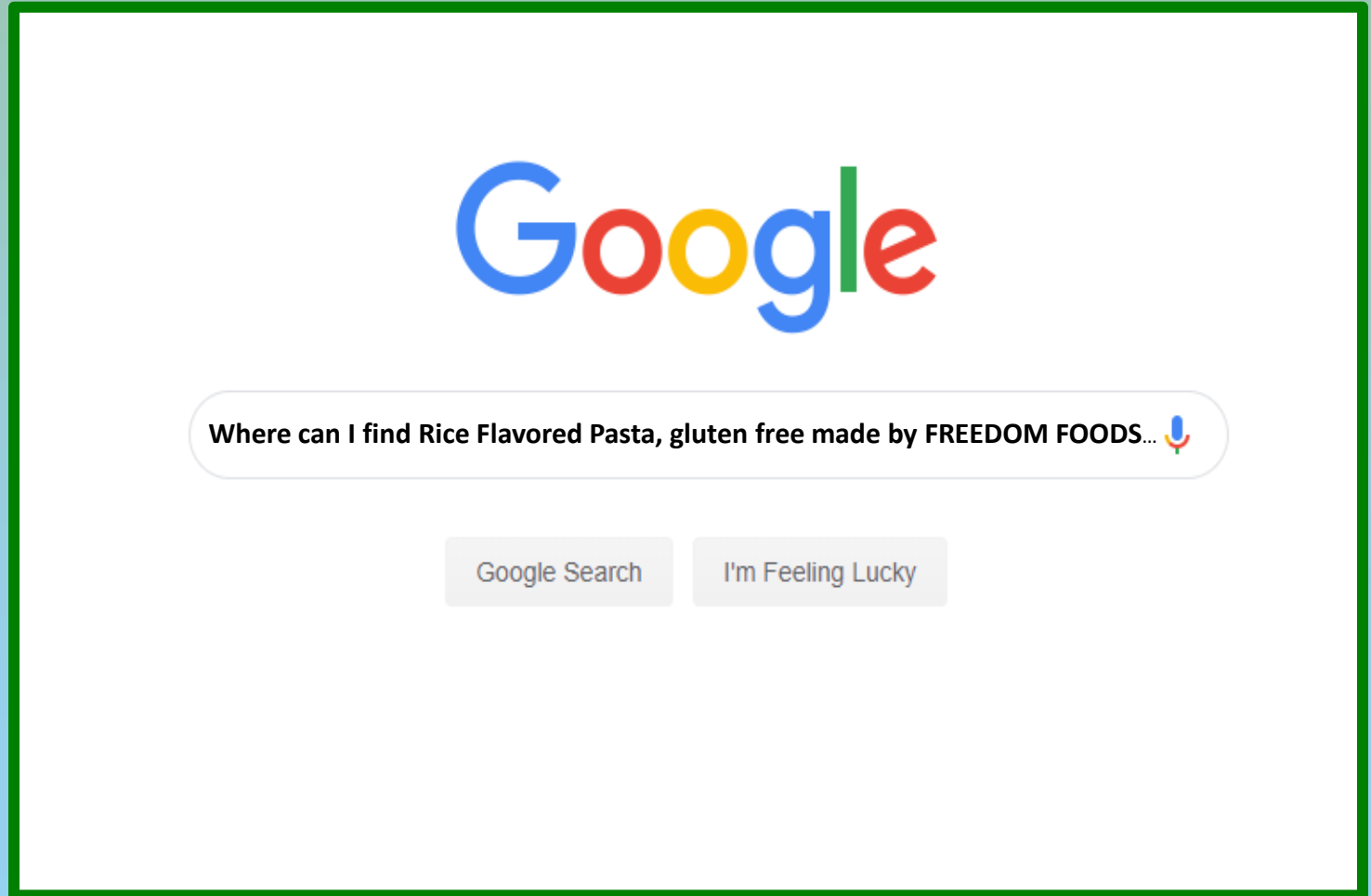|	
51	Glycemic index
24	Glycemic load
180	Serving size (g)
47	Carbohydrates per serving (g)

Foods   Records   Profile

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 Foods   Records   Profile

Google

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

Google Search   I'm Feeling Lucky

Express

Tinkyada Gluten Free Brown Rice...
$.99
mart & 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)

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

Map data ©2018 Google, INEGI

Hours ▼

Sort by ▼

A **Walmart**
Discount Store
1.7 mi · 710 Dennery 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

🔍 Kellog   ✕

🔥 🔥🔥 🔥🔥🔥 🔥🔥🔥🔥

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

🔍 Kellog ✕

🔥 | 🔥🔥 | 🔥🔥🔥 | 🔥🔥🔥🔥

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

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.

SlimFast® Pasta Florentina meal (S...
Glycemic index : 53±5 Glycemic load : 1...

Fusilli pasta twists, dry pasta, boile..
Glycemic index : 54±11 Glycemic load :...

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

Gluten-free pasta, maize starch, boi...
Glycemic index : 54±undefined Glycem...

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

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

Lasagne, egg, verdi, dry pasta, boile...
Glycemic index : 52±6 Glycemic load :...

Minestrone & Pasta Instant soup, lo...

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, lettuc...
Glycemic index : 59±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.

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