

LOWER 6 APP



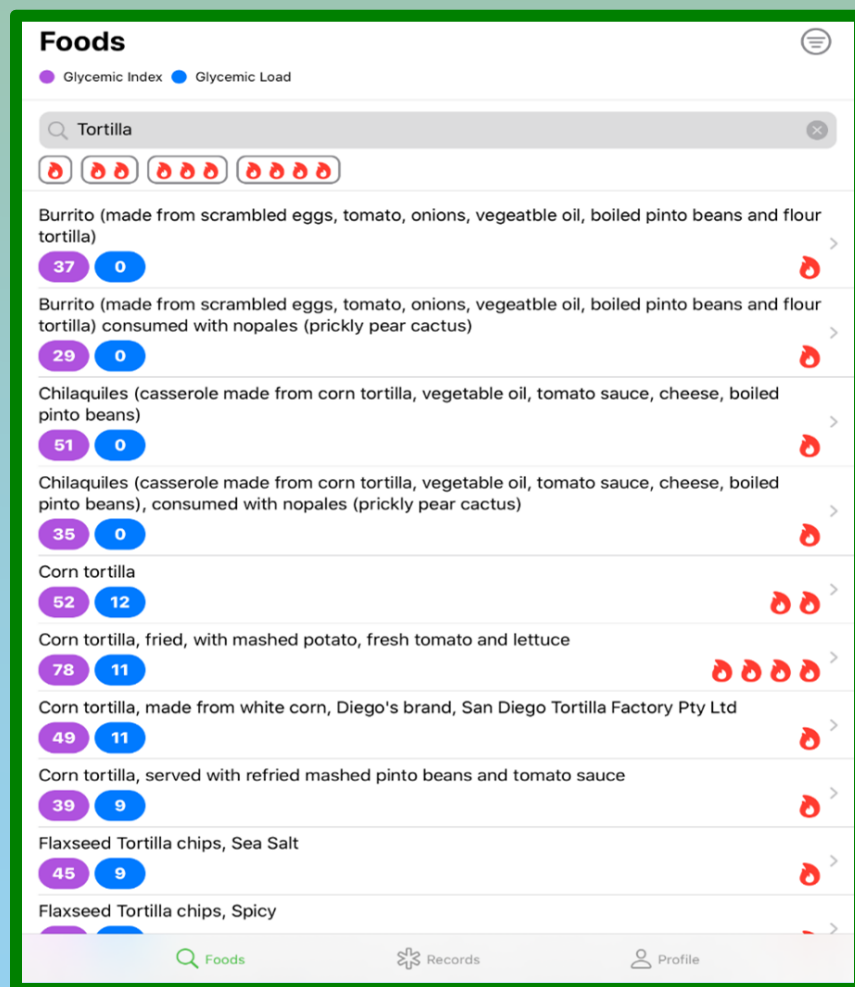
COMO FUNCIONA?

Temas

- 1) Cómo preparar una comida de índice glucémico bajo (RECETA)
- 2) Cómo comprar alimentos de bajo índice glucémico ya preparados en su área local.
- 3) ¿Cómo puede ampliar sus opciones de alimentos de sabor saludable?
- 4) Cómo buscar un fabricante de alimentos y los alimentos de bajo índice glucémico que ofrecen.

Cómo preparar una comida de índice glucémico bajo. (RECETAS)

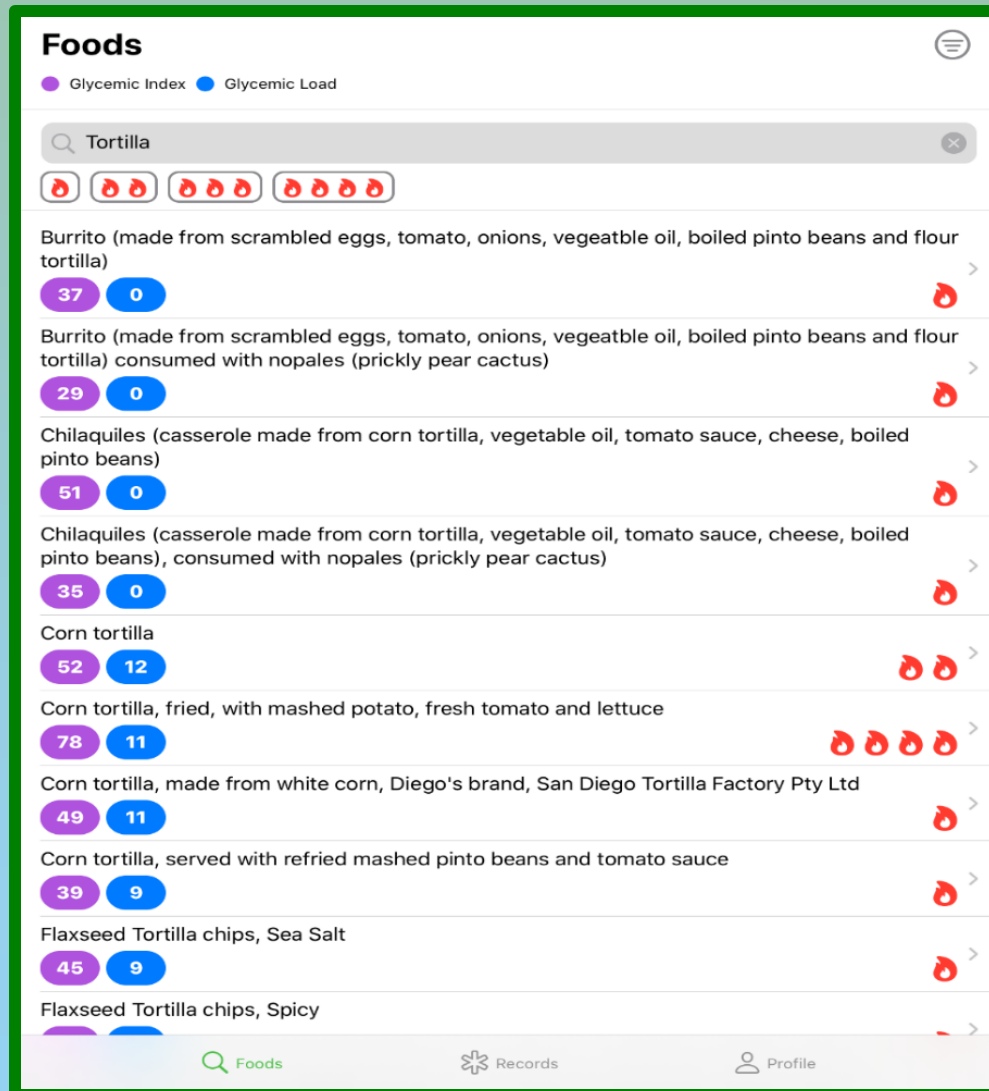
1. Introduzca "Tortilla" en la ventana de búsqueda



The screenshot shows a mobile application interface for searching foods. The search bar contains the text "Tortilla". Below the search bar, there are several red flame icons indicating the glycemic index of the results. The results list various food items with their corresponding glycemic index and glycemic load values.

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		

Los resultados para TORTILLAS se agrupan por SIMILAR sabores y se visualizan ÍNDICE GLUCÉMICO. (LLAMAS)



Los resultados para TORTILLAS se agrupan por SIMILAR sabores y se visualizan ÍNDICE GLUCÉMICO. (LLAMAS)

Si desea comer la tortilla con sabor "MAÍZ" DEL ÍNDICE GLUCÉMICO BAJO, haga clic en el botón con UNA LLAMA y descubra la información.

Foods

Glycemic Index Glycemic Load

Tortilla

🔥 🔥🔥 🔥🔥🔥 🔥🔥🔥🔥

Food Item	Glycemic Index	Glycemic Load	Fire Icon
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			🔥

Foods Records Profile

Receta de una llama (no hay fabricante de alimentos en lista)

En este caso, la aplicación sugiere una receta.

Coma una "Tortilla de maíz, servida con puré de frijoles pintos refritos y salsa de tomate" esta comida tiene un índice glucémico bajo.

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

La MISMA comida, el MISMO sabor pero 4 Llamas (índice glucémico alto)

Pero si hacemos clic en el cuadro con 4 llamas, un índice glucémico alto, pero una tortilla del MISMO SABOR,

Foods

● Glycemic Index ● Glycemic Load

Q Tortilla

🔥 🔥 🔥 🔥

Food Item	Glycemic Index	Glycemic Load	Flames
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			

Q Foods Records Profile

Receta 4 Llamas

la APP nos dice: Si freímos
La tortilla de maíz y sírvala con
pure de papa, tomate fresco y
lechuga. Las comidas son ahora
una comida de alto índice
glucémico.

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

Cómo comprar alimentos de bajo índice glucémico ya preparados en su área local

1. Realiza una búsqueda de "pasta" y veamos los resultados.

The screenshot shows a mobile application interface for searching foods. The title is "Foods". Below the title, there are two filters: "Glycemic Index" (selected with a purple dot) and "Glycemic Load" (unselected with a blue dot). A search bar contains the text "Pasta". Below the search bar, there are four icons representing different levels of glycemic index: one flame, two flames, three flames, and four flames. The results are listed as follows:

Food Item	Glycemic Index	Glycemic Load
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

At the bottom of the screen, there are three navigation icons: a magnifying glass labeled "Foods", a star labeled "Records", and a person icon labeled "Profile".

Digamos que usted quiere comer PASTA DE SABOR DE ARROZ, que es un ÍNDICE GLUCÉMICO BAJO

Haga clic en el recuadro que muestra esta opción.
(1 LLAMA)

Foods

● Glycemic Index ● Glycemic Load

Q Pasta

🔥 🔥 🔥 🔥 🔥 🔥 🔥 🔥 🔥 🔥


Food Item	Glycemic Index	Glycemic Load	Visual Indicator
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	🔥

Foods Records Profile

La aplicación sugiere que esto no es una RECETA sino un ALIMENTO PARA LA COMPRA. (Freedom Foods es el FABRICANTE)

Comida para comprar

Rice pasta, gluten-free, Freedom Foods



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

Foods Records Profile

Puede ir a cualquier pagina de búsqueda del Internet y escribir lo siguiente:

Busque: "¿Dónde puedo encontrar pasta de arroz sin gluten de FREEDOM FOODS?"



Google

¿Dónde puedo encontrar pasta de arroz sin gluten de FREEDOM FOODS...



Google Search

I'm Feeling Lucky

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

Sponsored ⓘ

Puedo comprar esta comida en mi Walmart local o a través del sitio web de la empresa, 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)

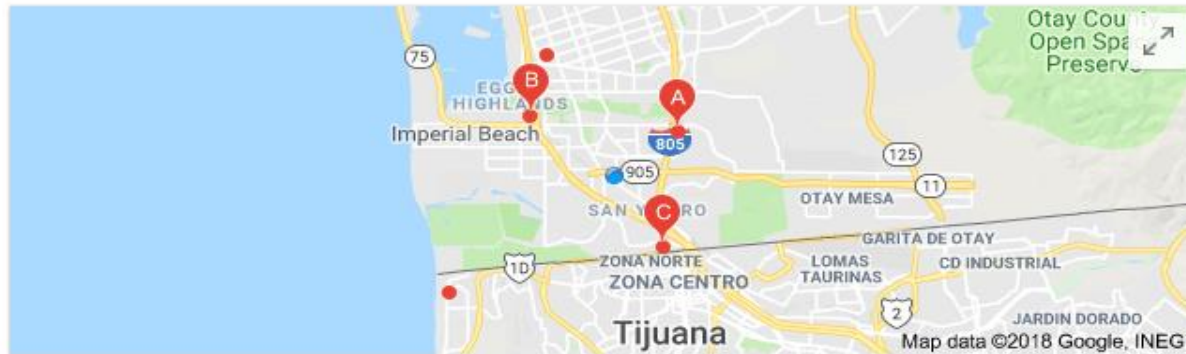


In store

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

Digamos que queremos buscar alimentos fabricados por KELLOGG.

Sólo tiene que escribir
el nombre del fabricante



Foods

● Glycemic Index ● Glycemic Load

Q Kellogg

🔥 🔥 🔥 🔥 🔥

Product Name	Glycemic Index	Glycemic Load	🔥
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

🔍 Foods 🌿 Records 👤 Profile

El sabor, índice glucémico de los alimentos producidos por KELLOGG.

El sabor, índice glucémico de los alimentos producidos por Kellogg.

Food Item	Glycemic Index	Glycemic Load
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

¿Cómo puede ampliar sus opciones de alimentos de sabor saludable?

Digamos que no disfruté el sabor de ninguna de las comidas de 1 llama, pasta de muy bajo índice glucémico sugerida por la aplicación, aunque probé diferentes sabores en ese rango de índice glucémico. Tiene la opción de ingresar un alimento y hacer clic en 2 llamas o 3 llamas para encontrar otras opciones. Recuerde que el objetivo no es forzarlo a comer ciertos alimentos, sino darle la LIBERTAD de encontrar alimentos saludables de buen sabor que USTED DISFRUTE DE COMER.



Search Result

- 🔥🔥 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 : $54 \pm \text{undefined}$ Glycem
- 🔥🔥 Lasagne sheets, dry pasta, boiled in...
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



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, lettuc...
Glycemic index : 59 ± 8 Glycemic load : 14

Con la aplicación de teléfono Lower 6, su FARMACIA ADICIONAL y NUEVA MEDICACIÓN ahora se convierten en ...



Tu TIENDA de COMESTIBLES y COMIDA.



LOS PACIENTES no siempre son COMPROMETIDOS CON TOMAR MEDICAMENTOS, pero las PERSONAS siempre son CUMPLIDAS con COMER ALIMENTO



www.lower6app.com