**Glycemic Index Table Questions:**

1. **Find the healthiest two cereals to consume.**
2. **Find the two least healthy cereals to consume.**
3. **Find two fruits with very low GI #'s.**
4. **Find the fruit with the highest GI #.**
5. **What drink has the highest GI and why is it so high?**
6. **How big of a GI diff is there between El Dente (undercooked) Spaghetti and fully cooked Spaghetti.**
7. **What snack would be a good one to give to a diabetic who is suffering from HYPOGLYCEMIA?**
8. **Why do you think that canned Kidney Beans are higher than Boiled Kidney Beans.**
9. **Why would skim milk be higher than whole milk? Think!**
10. **Compare Fructose (fruit sugar) to Sucrose (table sugar). Not all sugars are created equally.**