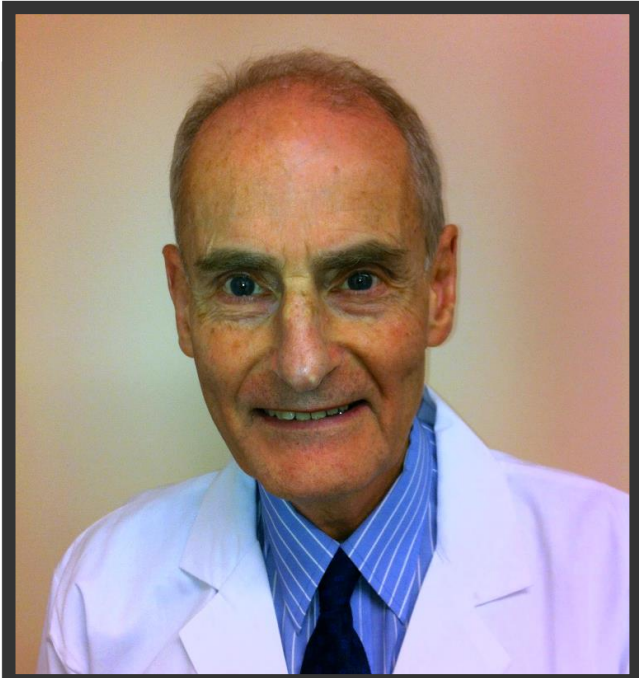




# POMEN HRANE Z NIZKIM GLIKEMIČNIM INDEKSOM ZA ZDRAVO SRCE

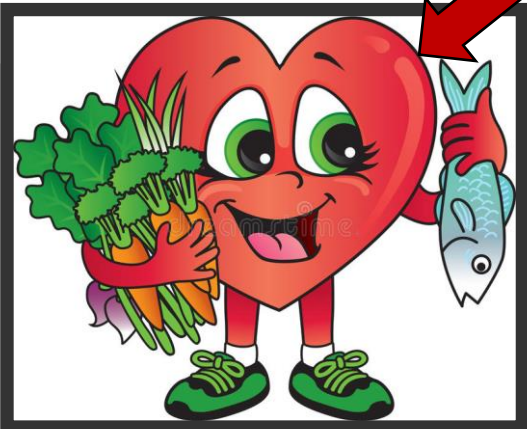


**Petra Alič**  
**Srednja šola Jesenice**

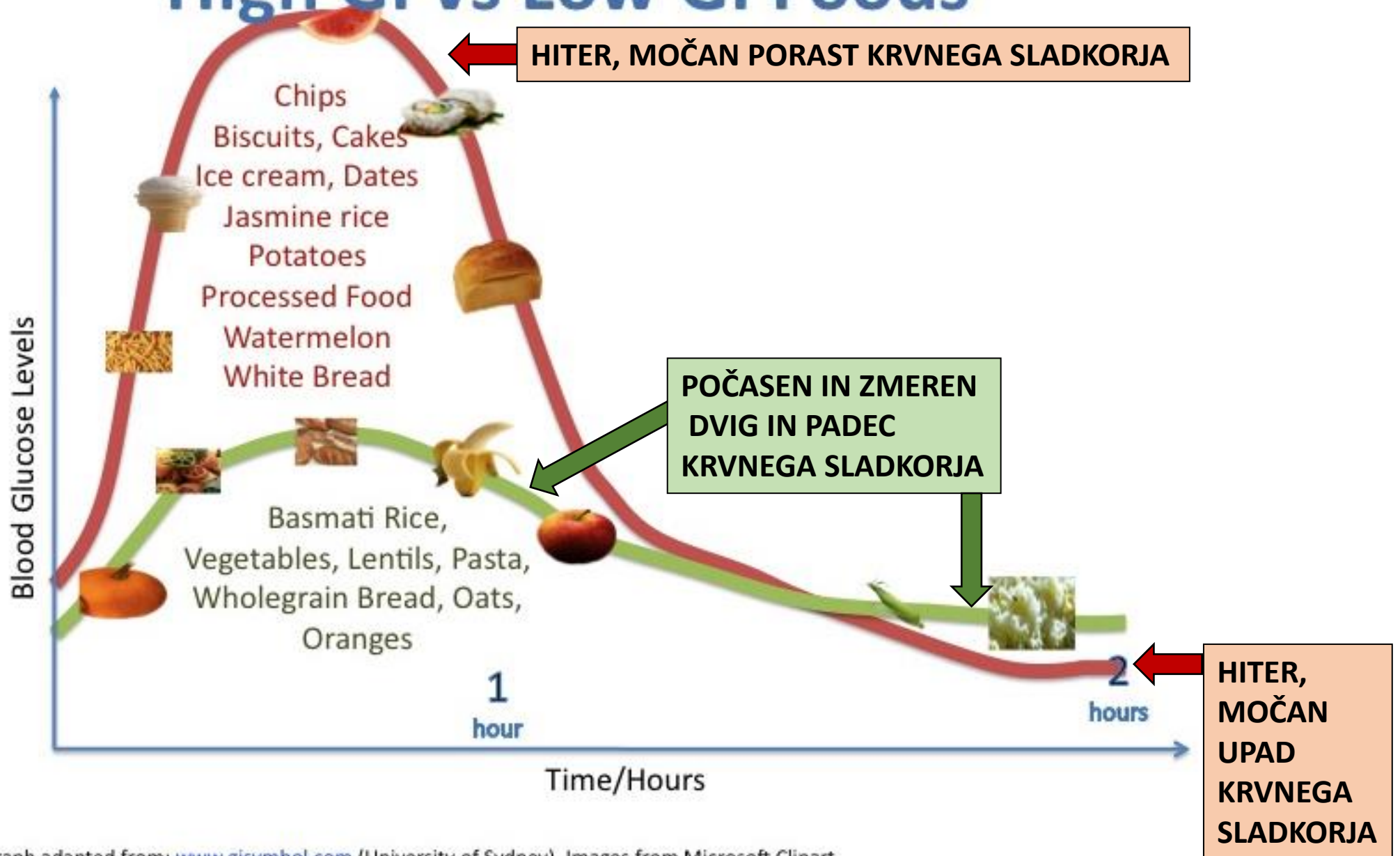


DR. DAVID JENKINS

1981

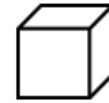
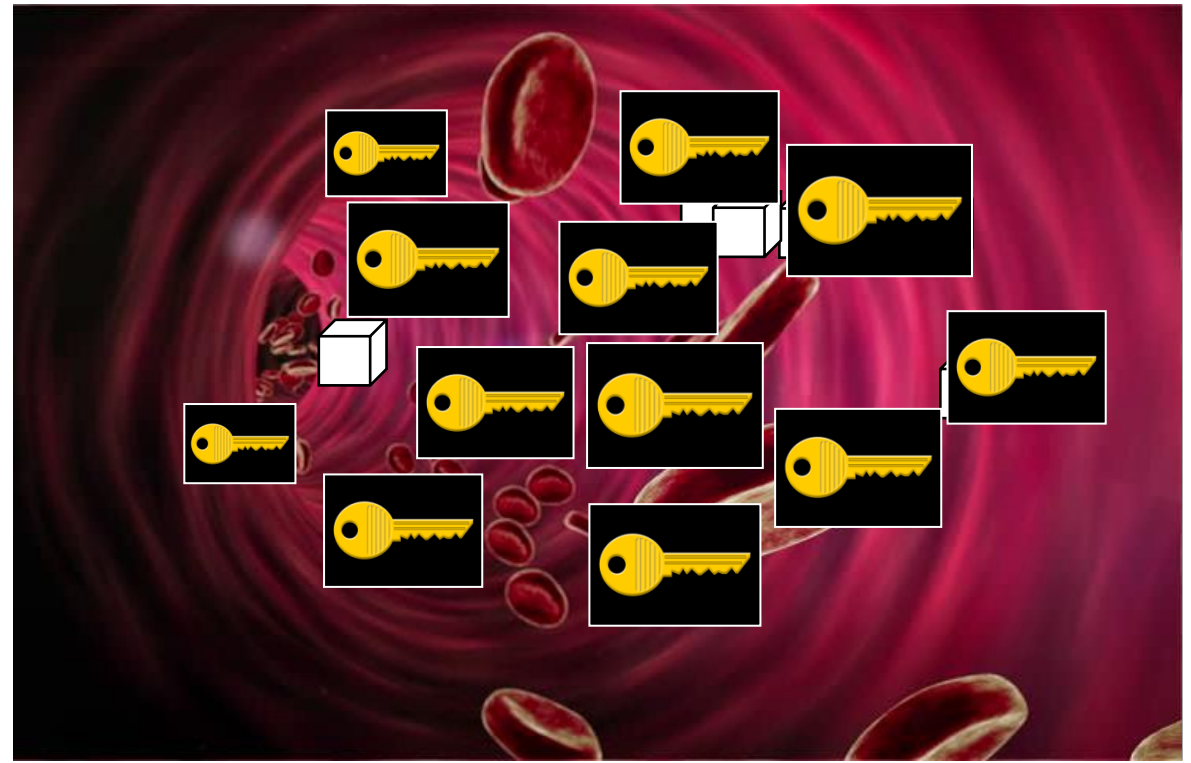
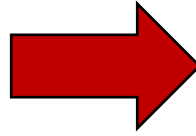


# High GI vs Low GI Foods









KRVNI SLADKOR



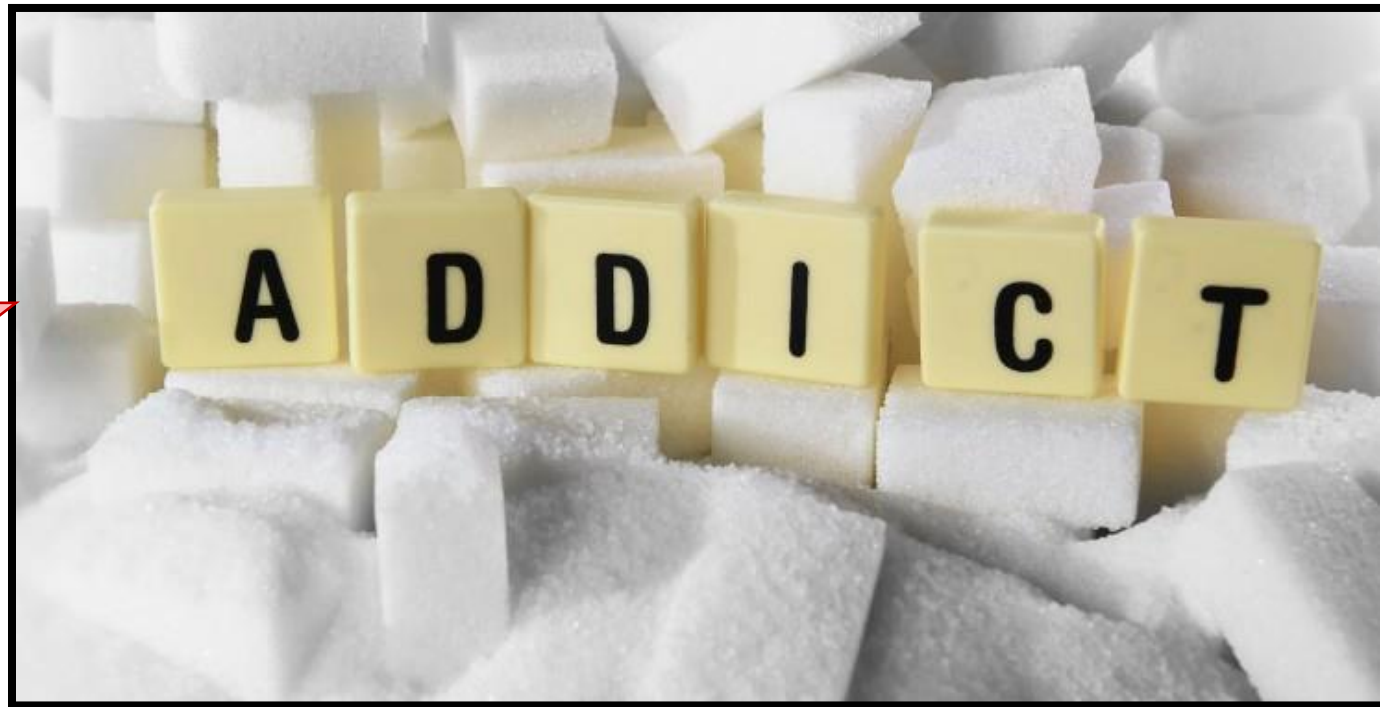
INSULIN





## PROBLEM!

Velika količina insulina  
**ŠE NAPREJ ZNIŽUJE**  
**SLADKOR V KRVI -**  
še po tem, ko že pade  
na normalno vrednost.



<https://create.kahoot.it/details/glikemicni-indeks-hrane-in-zdravje/c6a9b0b2-da33-4642-9c40-29ef9800dd06>

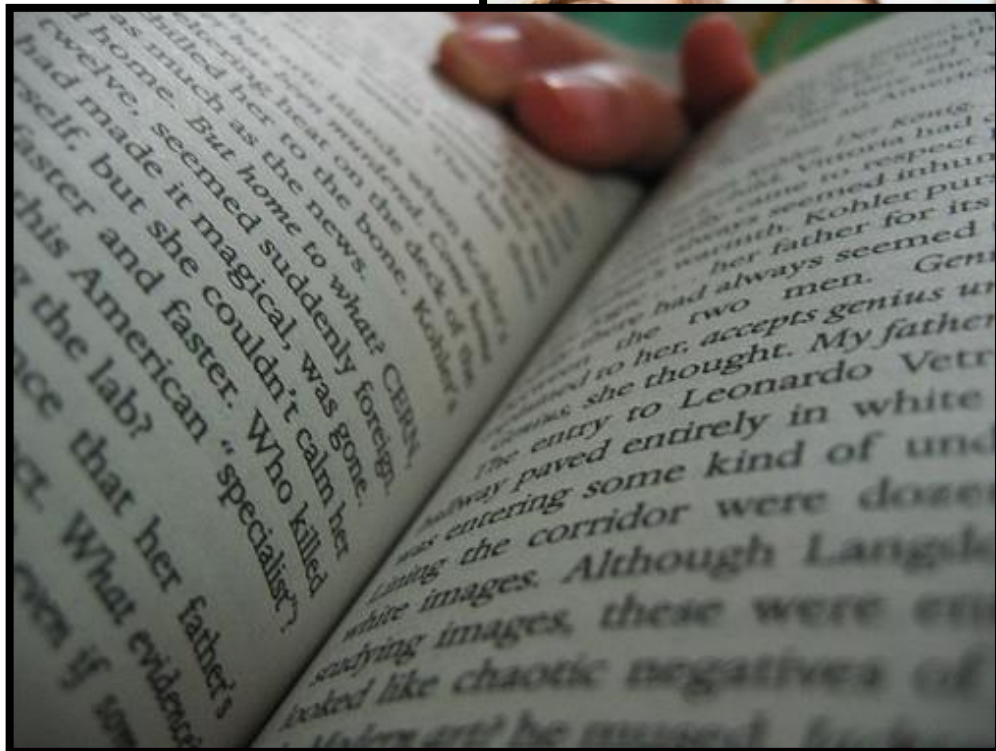


Tabela tedenske prehrane

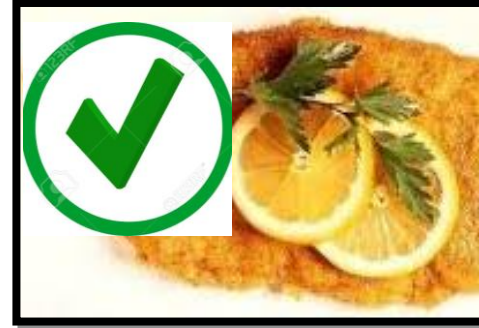




**12 min**



**7 min**



**Ogljikovi hidrati  
brez beljakovin?**

**Ogljikovi hidrati  
z visoko proteinskimi  
hranili?**





Uravnavati GI hrane glede na telesno aktivnost

Uživati v hrani brez slabe vesti

