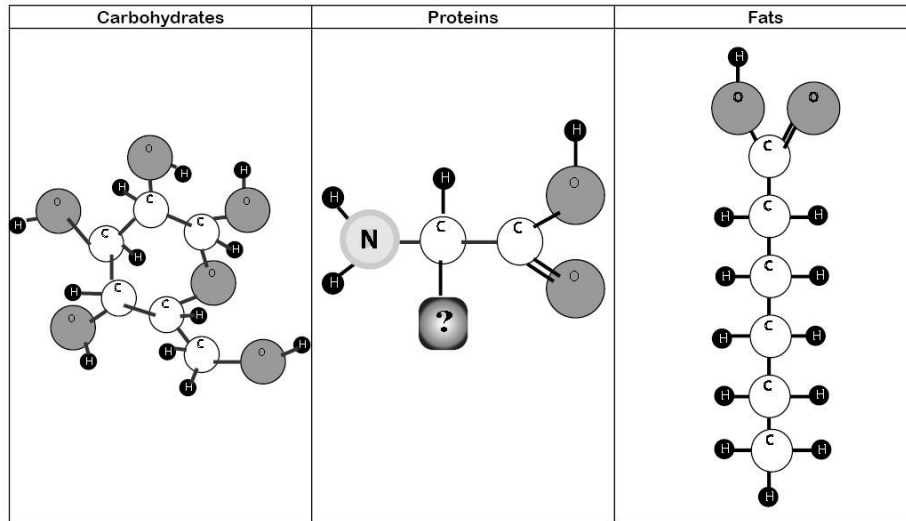




MatchCard Science©

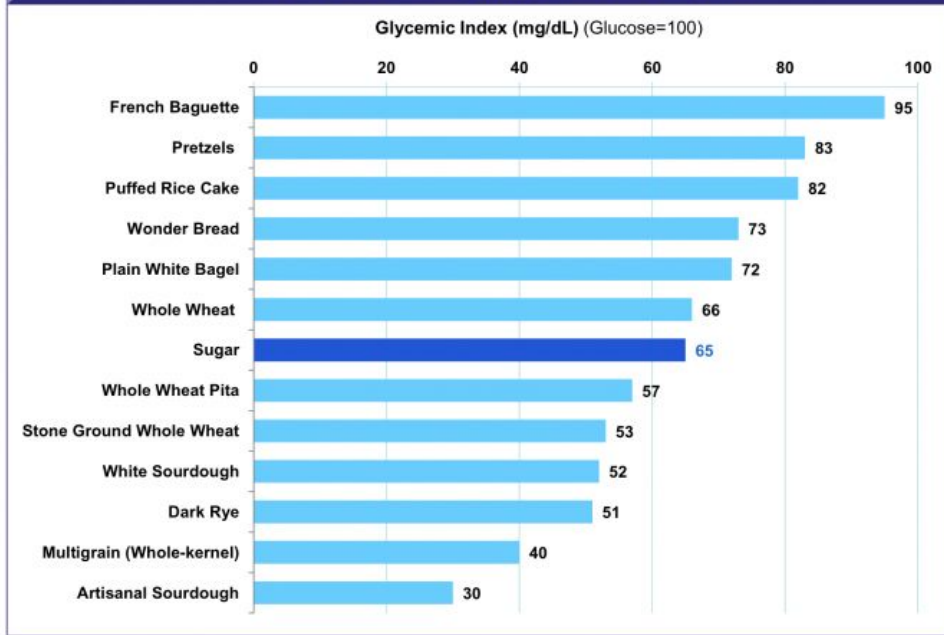
Nutrition, Health & Safety - 3

Compare carbohydrates, proteins, and fat.



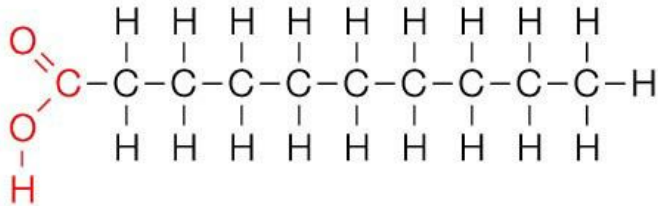
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Chart 2: Glycemic Index of Various Breads and Grain Products
(Bread: 1 Slice; Sugar, 10 grams; Other, 50 grams)

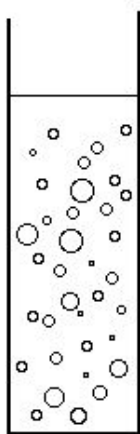
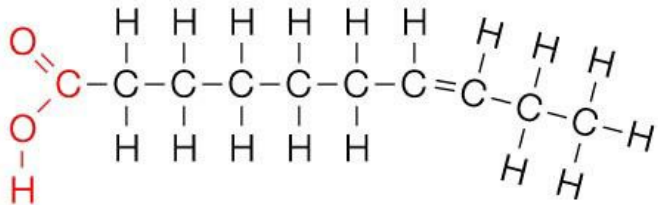


Source: Created using data from Textbook of Natural Medicine.

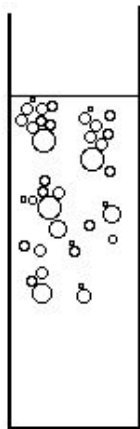
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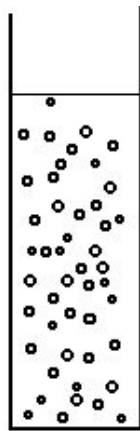
Unsaturated



Raw milk



**Cold, raw milk
after 1 hour**



**Homogenized milk
during storage**