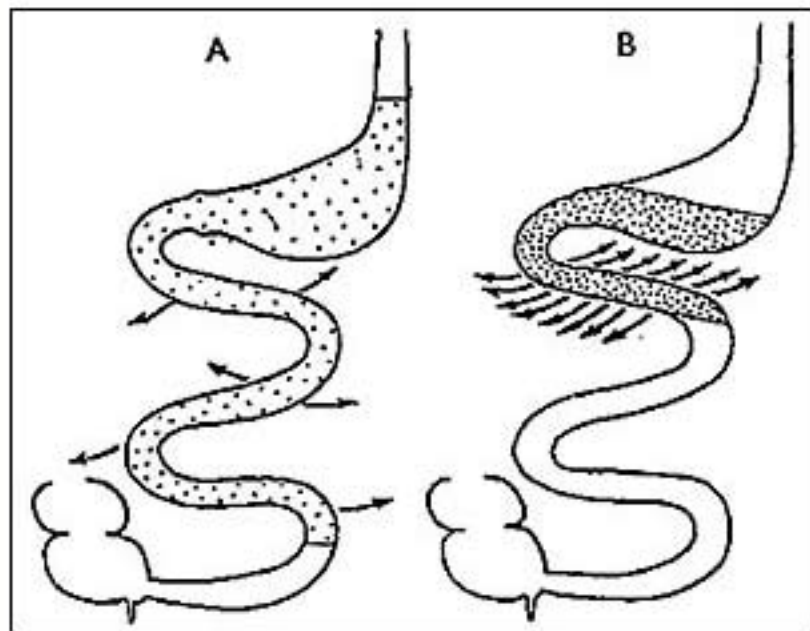
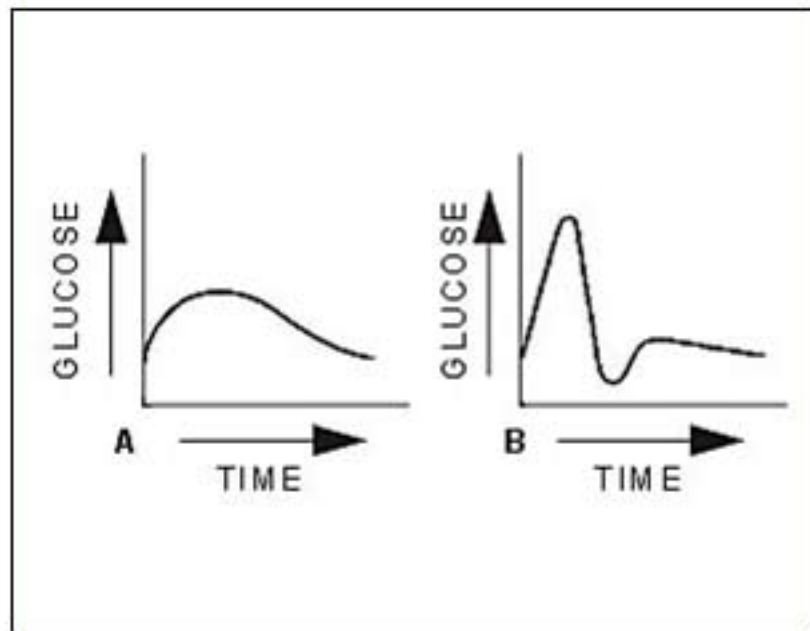


Figure 1 - GLYCAEMIC RESPONSES IN TYPE 1 DIABETIC PATIENTS



Schematic representation of stomach and small intestine showing (A) slow digestion and absorption of energy-dilute food in a "fiber-rich" diet and (B) rapid digestion and absorption of energy-dense food from a low-fiber diet.



Schematic representation of the postprandial glycemia following (A) slow absorption of starchy fiber-rich meals and (B) rapid absorption with undershoot due to excessive insulin release following refined, fiber-depleted carbohydrate foods.