Figure 1. GI/GL is not reliable
Figure 2. “Carbohydrate Quality is not defined for GI/GL.”
Figure 3. GI/GL is not the best predictor of dietary practice.

Fig. 9. Comparison of low-glycemic index diet with high-cereal diet, and of low-glycemic index diet with low-carbohydrate diet. Data from [6,70]. Redrawn from [75]. CHO, carbohydrate; GI, glycemic index; HDL, high-density lipoprotein; LDL, low-density lipoprotein; TG, triglyceride; Total-C, total cholesterol.