

LIVING THE GI DIET



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One of the problems with diets like the Atkins diet was the denial of staples. Meat just tastes so much better with carbs. But on the low GI diet no such sacrifices are necessary. Pasta, sweet potatoes, white long-grain rice and high soy and linseed breads are three low GI staples you can eat with any meal.

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Because high-GI foods may increase insulin demand and raise the workload of the pancreas, some researchers think that many years of eating a diet rich in high-GI foods may cause the pancreas to wear out, resulting in type 2 diabetes. Eating low-GI foods can help reduce the demand on the pancreas so it doesn't have to work too hard.

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the G I Diet Welcome to the G I Diet

Welcome to the G.I. Diet The G.I. Diet (Glycemic Index) is the truly simple, healthy way to lose weight without going hungry. This is how you will eat for the rest of your life. This website provides a detailed guide to the G.I. Diet and what leading health authorities are saying about it.

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Living the G I Glycemic Index Diet by Rick Gallop

Thinking in terms of "Low GI" works for me. There are many, many "diets", "eating plans," etc. that have the very same ideas and foods. The way it is explained is easy to understand and very easy to follow.

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Living the G.I. (Glycemic Index) Diet [Rick Gallop, Emily Richards] on Amazon.com. *FREE* shipping on qualifying offers. The easiest diet going is now even easier--and tastier. Off to an explosive start, The G.I. Diet quickly landed on New York Times and Wall Street Journal bestseller lists

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* Foods to avoid * Foods to eat occasionally * Foods to eat as much as you want With illuminating and uplifting stories of those who have found the diet a real life-saver in more ways than one, Living the Gi Diet is the best way to lose weight and keep it off. show more

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The GI Diet Official Site

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* Foods to eat occasionally * Foods to eat as much as you want With illuminating and uplifting stories of those who have found the diet a real life-saver in more ways than one, Living the Gi Diet is the best way to lose weight and keep it off.

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Glycemic Index Diet Plan Review Foods and More

Limitations: The glycemic index diet can be confusing. Just because a food is low on the index doesn't mean it's healthy. Just because a food is low on the index doesn't mean it's healthy.

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