



The Low-GL Diet Counter

By Patrick Holford

Paperback. Book Condition: New. Not Signed; This is the perfect companion to Patrick Holford's bestselling LOW-GL DIET BIBLE. In THE LOW-GL DIET BIBLE, Patrick Holford revealed his brilliant weightloss diet. He explained how the simple principle of eating no more than 40 GLs a day can help you to lose weight, control your blood sugar and stop cravings. To maintain your weight, he recommends a total daily intake of no more than 60 GLs per day. The LOW-GL DIET COUNTER is the perfect tool to help you achieve whichever of these goals is appropriate to you. It contains a comprehensive list of foods, complete with recommended serving sizes and GL count, protein and fat content. Its easy-to-follow format provides an instant guide to which foods are good, OK and bad according to medically approved low-GL principles. Foods are divided into sections covering breakfast, snacks, main meals and restaurant meals, and each section specifies your daily GL goal - e.g. a maximum daily intake of 5 GLs for snacks and 10 GL for main meals, as well as an extra 5 GLs for drinks and puddings. book.



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