



GI: How to Succeed Using a Glycemic Index Diet (New edition)

By Collins Uk

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, GI: How to Succeed Using a Glycemic Index Diet (New edition), Collins Uk, Gem GI is a clear introduction to what a GI diet is and how it works. It explains the difference between the glycemic index of a food and its glycemic load. The GI food counter rates hundreds of foods using a simple traffic-light system: red for foods to avoid, amber for foods to eat occasionally and green for foods to focus on. Contains a clear introduction to GI diets and how they work. Cuts through the jargon associated with technical sounding terms such as glycemic index and loads. The food rater operates as in the Gem Calorie and Carb counters giving the GI rating as well as calories and carbs for hundreds of different foods. Provides tips and advice on how to use GI dieting most effectively and helps you maintain a healthy eating regime. There is also a useful guide to what to choose when eating at your favourite Chinese, Italian, Mexican, etc, restaurants.



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Reviews

Extremely helpful to all type of folks. It is among the most awesome pdf i actually have study. I found out this pdf from my dad and i recommended this pdf to discover.

-- **Dayana Turner**

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

-- **Nannie Lindgren Jr.**