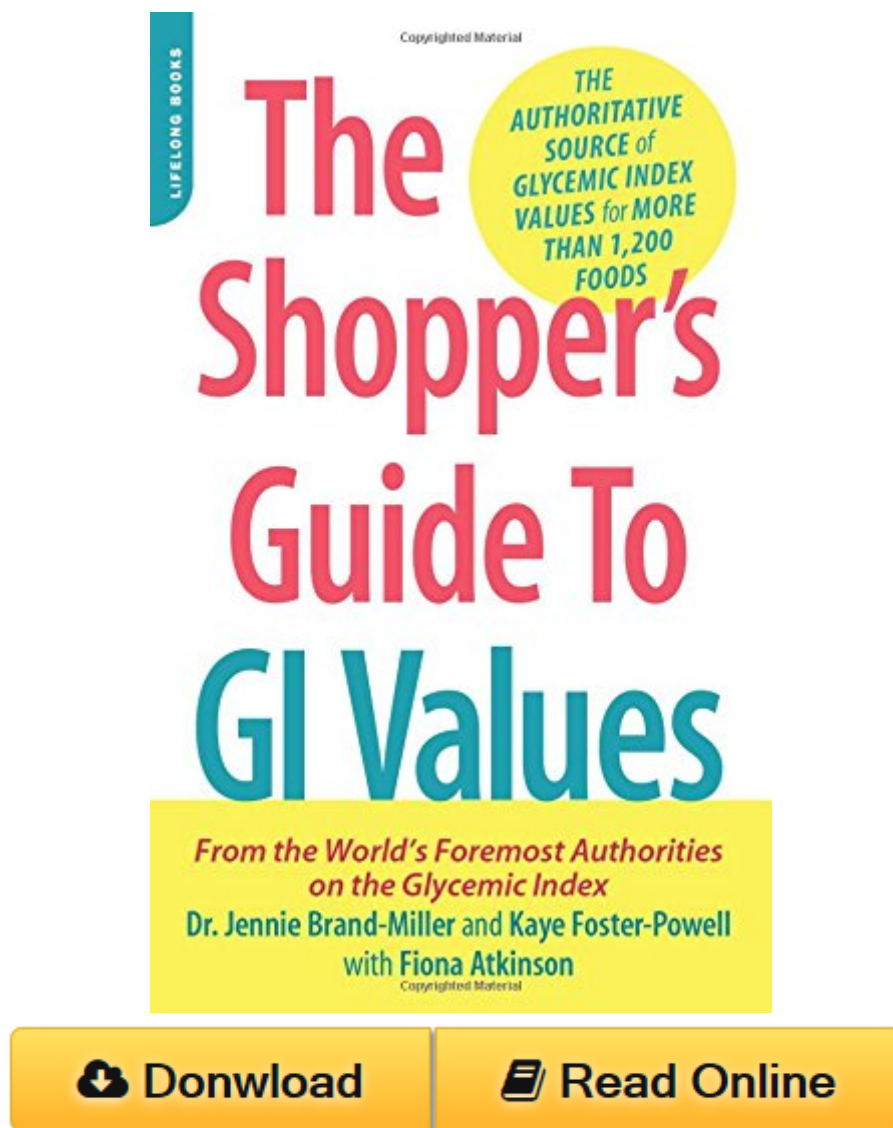


The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) PDF



The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) by Dr. Jennie Brand-Miller, Kaye Foster-Powell B.Sc. M. Nutri. & Diet ISBN 073821793X

Diet trends come and go, but eating according to the glycemic index (to avoid blood sugar spikes) is a consistent, scientifically proven way to manage your health through your eating habits. *The Low GI Shopper's Guide to GI Values 2015* makes it easier than ever! This go-to reference has everything you need to know to

use the glycemic index, whether you are trying to lose weight or manage a chronic condition like diabetes. The GI tables—comprehensive lists of foods and their glycemic index values—are the key to unlocking the health benefits of a low GI diet. The 2015 edition of the *Shopper's Guide* also offers: nutritional data for more than 1,200 popular foods; definitive at-a-glance tables arranged by food category; tips for maintaining a gluten-free, low GI diet; facts about sugar and sweeteners; and shopping lists and tips for everyday meals and dining out.

The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) Review

This The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) having great arrangement in word and layout, so you will not really feel uninterested in reading.