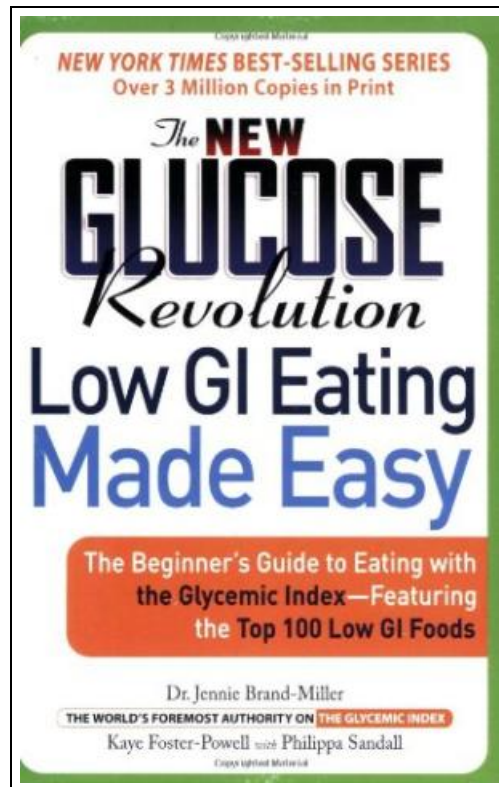


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Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, The New Glucose Revolution Low GI Eating Made Easy: The Beginner's Guide to Eating with the Glycemic Index - Featuring the Top 100 Low GI Foods, Jennie Brand-Miller, Kaye Foster-Powell, Philippa Sandall, In Everyday Low GI Eating, the authors of the New York Times bestseller The New Glucose Revolution show readers how to choose low-GI carbohydrates the ones that produce only small fluctuations in our blood glucose levels so that they feel fuller longer and increase their energy levels, making weight loss achievable and sustainable. Jennie Brand-Miller and Kaye-Foster-Powell, along with Philippa Sandall, offer a simple overview of the GI and why it's such an effective dietary tool; a list of the top 100 low-GI foods divided into easy-to-follow sections such as fruit and veggies, breads and cereals, legumes, nuts, and indulgences; tips on low-GI cooking and shopping; and much more. Complete with a 7-day low-GI meal plan to start readers off on the right foot, Everyday Low GI Eating is a one-stop resource for all those looking for an easy way to make the switch to a low-GI lifestyle.



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