



## The Glycemic Load Counter: A Pocket Guide to GL and GI Values for Over 800 Foods

By Mabel Blades

Amorata Press. Paperback / softback. Book Condition: new. BRAND NEW, The Glycemic Load Counter: A Pocket Guide to GL and GI Values for Over 800 Foods, Mabel Blades, YOUR COMPLETE POCKET GUIDE TO GL VALUES Based on the proven science of the Glycemic Index (GI) but easier to use, Glycemic Load (GL) dieting is the easiest, most powerful tool for losing weight, controlling diabetes and following a healthy day-to-day diet. GL values give a more accurate measure of the way different foods affect your body by adjusting the GI score for portion size. For example, an orange is a much healthier snack than a candy bar, but the orange has a higher GI value (42) than the candy bar (41). But when adjusted to the real-world portion, the healthier snack becomes obvious the orange has a low GL value of 4 compared to the high GL value of 26 for the candy bar! GL, GIPlus calories, carbs and fat for over 800 popular foods. User-friendly Convenient design and straightforward A to Z lists No more math Each food's serving size is already computed into the GL score Glycemic Response Advice on different types of foods and your body's reaction to each one, from...



**READ ONLINE**  
[ 2.57 MB ]

### Reviews

*The ideal publication i ever read through. It is probably the most amazing ebook i have read. You wont really feel monotony at at any moment of your own time (that's what catalogues are for concerning should you request me).*

-- **Kianna Cummings MD**

*Most of these ebook is the ideal book offered. It is rally interesting throgh reading through time. Your way of life span will be enhance the instant you complete reading this ebook.*

-- **Antonina Friesen**