

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

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Reviews

This publication might be well worth a read through, and much better than other. It is amongst the most incredible book i actually have read through. I am delighted to tell you that here is the finest book i actually have read through inside my own life and could be he best ebook for possibly. (Aracely Hickle)

GI: HOW TO SUCCEED USING A GLYCEMIC INDEX DIET (NEW EDITION)



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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