



The New Glucose Revolution Shopper's Guide to GI Values 2010: The Authoritative Source of Glycemic Index Values for More Than 1,300 Foods

Dr. Dr. Jennie Brand-Miller M.D. M.D., Kaye Foster-Powell M. Nutr & Diet

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Whether you're looking to lose weight, help manage conditions like diabetes or hypertension, or simply eat for lifelong good health, adopting a low-GI diet is the scientifically proven way to reach your goal. This 2008 guide, updated with more than 500 new foods, makes it easier than ever to select smart, low-GI choices for all your meals. Featured are: The GI value for over 1,000 popular foods and prepared meals-*twice as many as 2007* All-new expanded nutrient data-including serving size, calories, fat, saturated fat, carbohydrate, fiber, and sodium per serving of each food Advice on shopping and eating out to guide your daily food choices Essential advice for incorporating low-GI foods into a gluten-free diet

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