

A REAL GUIDE TO TAKING CHARGE OF
YOUR HEALTH THROUGH NUTRITION



DR. SHARI LIEBERMAN'S

MEASURING THE GLUCOSE IMPACT

Easy-To-Use

GLYCEMIC

FOR WEIGHT LOSS, CARDIOVASCULAR HEALTH,

INDEX

DIABETIC MANAGEMENT, AND MAXIMUM ENERGY

FOOD

Guide

FROM THE BEST-SELLING CO-AUTHOR OF THE REAL VITAMIN AND MINERAL BOOK

Shari Lieberman

Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, and Maximum Energy



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The glycemic index (GI) is an important nutritional tool. By indicating how quickly confirmed food triggers a growth in blood sugars, the GI enables you to choose foods which will help you manage a variety of conditions and improve your overall health. The book initial answers commonly asked questions, ensuring that you realize the GI and know how to use it. It then supplies the glycemic index and glycemic load of a huge selection of foods and drinks, including raw foods, cooked foods, and many combination and prepared foods. Compiled by leading nutritionist Dr. Shari Lieberman, this book was designed as an easy-to-use instruction to the glycemic index. Whether you are looking at controlling your sugar levels to control your diabetes, lose pounds, increase your heart health, or simply enhance your well-becoming, the Glycemic Index Food Guide may be the best place to begin.



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which for my purposes renders it ineffective, so I need to buy another book. There are two major problems with this book, which for my purposes renders it useless, therefore I have to buy another book. First the organization of the various food and drink products are cumbersome. Low is certainly 0 - 55, which really is a rather wide range. This was virtually a waste of money. Five Stars That is a cool book I keep buy my side thanks Five Stars good easy read Very useful for managing my husband's diabetes I guess, after some search and a fair amount of familiarization one could get over that problem, ultimately. Add 15 points and now you are in the "High-GI" category. Therefore, the difference between a Low GI and a higher GI, could possibly be only 15 points (55 vs. 70) or just as much as 99 (1 vs. 100, as in the case of Stevia and Sucrose); I could not know if Dr. Shari Lieberman's publication was my source of information. Difficult to find anything in this book I've bought literally thousands of books in my lifetime and this is really about as worthless as any I've ever noticed. By far the very best \$4. a pulse is certainly a pea, bean or lentil. I would like an updated version. like an onion! That is by far the worst reference book I've ever seen. Beware spending money on this reserve. There are several items in this very slim volume that are cross-referenced multiple occasions. The book is an utter waste. The author apparently wants the reader to look at every page in the publication, since that is required to find the item you are interested in. There is absolutely no rhyme or reason to the listings. The Glycemic Load is expressed numerically. But since the preview pages didn't provide me any preview of the real data, I purchased the book without focusing on how haphazard the data will be, and today wish I hadn't. In case you are a person who likes to understand the glycemic quantity, look elsewhere. Actually disappointed and this reserve will end up being donated to the public library. Wasted paper and money. I quit in disgust after a half hour of looking. Meals are listed as low, medium or high.00 investment I have manufactured in keeping my blood sugars level where it needs to be. an excellent and easy source of information For those folks looking to deal with our type II Diabetics, it really is difficult to find information that is straight forward and simple to use. But what page is definitely fruit on? Or maybe look for "bananas", but where perform I find out what web page "bananas" are on? Disappointed Glycemic Index of foods not expressed numerically. Furthermore, your policy of limiting GI ratings to L-M-H is inappropriate. If a product has a 54 GI I would like to know that it really is practically High. Others certainly are a better option Not what I expected Very satisfied Excellent book Five Stars A ok Great book for fitness Perfect guide for those who wants to retain in shape! Nevertheless the second problem is severe and that you can not get used to. I'm tossing it in the recycle bin the moment I finish composing this. If all those cross references were removed this might probably be only twelve roughly pages of unique materials. This book is little, easy to carry and useful for some foods. Do I appearance under "Fruit"? It has the easiest to understand (although very brief) explanations of the terms not used to my vocabulary. There are just 30 pages of text and the rest is a simple to use index. The index is almost nonexistent, just try selecting anything. For instance, I went searching for "bananas". I motivate anyone dealing with diabetics to invest in this little book. You will be surprized at what you would find out about the foods you thought were safe, and the main one you thought had been bad. One note. This publication isn't aimed at slimming down, just monitoring GL. Good information - Poor organization While this book did have a lot more listings than anything else I've found, it is very difficult to find what you are looking for. One simple alphabetical listing could have been a lot more helpful compared to the catagories and sub-catagories it offers. Also note that this is a British publication, so many names aren't familiar to People in america (an aubergine can be an eggplant;. Misleading title, misleading data This book does what so many lazy websites do -- it divides food into low, medium, and high-carb categories. not wonderful I have been making an effort to include the glycemic index into my diabetic diet plan.) good but!. Not to mention with the introduction of the internet, there is actually no need for a book like this anymore. This small book is an excellent tool for monitoring what really needs to be watched, a foods Glycemic Load. It's size is usually wonderful to transport with me since my walk can be unsteady and I can't carry much. I came across it simple to use! Unless you find what you would like in the listing try

the index. I am not really looking for larger(I have those) just what's fresh.. A lot has occurred in nutritritional studies in the last five years. It certainly simpler to use and carry than any other I've.. BUT, low-carb ranges from 0-55 on the glycemic index, which is usually all-but-useless for those of us who want to get really low-carb (looking for 20 GI or much less, typically). Rice, pasta, breads, and other starchy items are not "low carb" no matter how much someone wants they might be. Provide me grams in a serving, grams of carbs in s serving, and numeric GI outcomes, and this book would be a whole lot even more useful and interesting. I understand the author has the understanding to do a more satisfactory job. Sorry We bothered. You don't get an actual value for the Glycemic Index, rather the category is shaded in for "Low-GI" "Med-GI" and High-GI".



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