

Making Everything Easier!

2nd Edition

Glycemic Index Diet

FOR

DUMMIES[®]

A Wiley Brand

Learn to:

- Rate foods by their glycemic index and eat better
- Adjust your diet to improve health and increase energy
- Lose weight by following scientifically proven measures

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Meri Reffetto

Glycemic Index Diet For Dummies



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Get proven results from this safe and sound, effective, and easy-to-follow dietThe glycemic load is a rank system for carbohydrate-rich food that measures the quantity of carbohydrates in a serving. Using the Glycemic Index is usually a proven method for calculating just how carbohydrates act in your body to help you lose weight, securely, quickly, and effectively. The glycemic index signifies how rapidly a carbohydrate is digested and released as glucose (sugar) into the bloodstream. You will not only learn how to apply the glycemic index to your existing diet plan, but you'll also get new and updated here is how to develop a wholesome lifestyle.The next edition of The Glycemic Index Diet For Dummies presents this system within an easy-to-apply manner, providing you the various tools and tips you have to shed unwanted pounds and improve your current health.Recommends foods that boost metabolism, promote weight reduction, and provide longer-lasting energyFeatures delicious GI quality recipes for glycemic-friendly cooking at homeIncludes exercises for maintaining glycemic index pounds reduction and promoting physical fitnessOffers guidance on shopping for food in addition to going out to restaurants and away from homeGlycemic Index Diet plan For Dummies, 2nd Edition is for anybody seeking for an easy-to-apply guide to switching to the healthy lifestyle.



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a must own This is actually the diet for America- if your are a diabetic or simply want to eat health, loose weight, rather than be hungry again.! I would recommend this to my patients all day. Great reserve with a lot of helpful info. Worth the purchase price. Good book with a whole lot of info for anybody with diabetes who wants to go low glycemic. Difficult to find low glycemic books, especially with info for vegans or vegetarians. Thanks for considering ot us.! But still better than even more expensive books on the subject that I've purchased. Very satisfied Very great book. My husband & I are working to completely clean up our become diabetics. Five Stars A ok A little too complicated for me to check out, I ... A little too complicated for me to follow, I am not a detail person and although the information is effective I got discouraged at racking your brains on a diet that would work for me. Five Stars Great guide to healthful living. Four Stars Plenty of background information, however, not enough basic lists of what things to eat and what not to eat. Highly Recommended Great help in understanding different foods and how they impact our bodies. One Star THIS IS A MAGNET NOT A BOOK!! Just ok Good information, easily understood, would have liked more referrals for specialty foods on websites!! Then this is your daily diet. REALLY PISSED Me personally OFF WHEN I RECEIVED IT



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