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125 NEW GI
VALUES
FOR
2007

The **NEW**
GLUCOSE
Revolution
Shopper's ^{Guide} to
GI Values
2007

The Authoritative Source
of **Glycemic Index Values**
for More than 500 Foods

Dr. Jennie Brand-Miller

THE WORLD'S FOREMOST AUTHORITY ON THE GLYCEMIC INDEX

Kaye Foster-Powell

Dr. Dr. Jennie Brand-Miller M.D. and

The New Glucose Revolution Shopper's Guide to GI Values 2007: The Authoritative Source of Glycemic Index Values for More than 500 Foods (Glucose Revolution)



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Whether you're food shopping, planning tonight's supper, eating out, or ending up in your nutritionist or dietitian, this second annual edition of The New Glucose Revolution Shopper's Guide to GI Values 2007 is a must-have publication for all GI-aware customers. helpful information to food labeling so you know what you're really considering; two GI food pyramids to guide your daily food options. Newly revised and up to date, included are: glycemic index and glycemic load values for a lot more than 500 well-known foods; tips on the very best low GI foods available;



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Simply some great recipes I purchased this book so I could try to figure out how to eat vegetarian portion of the period, for better health, to lose weight, and maybe actually enjoy it as opposed to just eating salads and getting tired of it. The first portion of the publication is full of info that explains what you are considering in meals, to be able to take the data beyond the recipes in the book. Jennie Brand-Miller was wealthy with information and great dishes. Also the quinoa kasha. There are a great number of good salads plus some main dishes as well. Hopefully you have an all natural foods store convenient though because some of the ingredients aren't too mainstream. Blah Useless for anybody who likes food. Some great veg recipes for low-GI lifestyle! Let me personally preface the following by stating that I've never been a "dieter", I've always simply tried to consume as healthy as I could. And, as a life-long vegetarian I'd hardly ever really been able to take part in most fad-diets anyway (I need my carbs! One Star Not worth much. simply found out at the age of 62 that my glucose level can be borderline diabetic, in spite of staying in shape exercising regularly . I read an article about the reduced GI diet in another of my fitness mags, and it sounded like something I could actually try as a vegetarian. I have to repeat earlier reviewers' responses that many food items are missing from the listings. Delicious, innovative dishes with new ways to use foods common to the vegetarian and wonderful exploring of unusual but common new veggies and proteins options. I bought 3 different low carb cookbooks from Amazon per month ago: "Low-carb Vegetarian" by Celia Brooks Brown, "Carb Conscious Vegetarian: 150 Delicious Quality recipes For Healthy Way of living" by Robin Robertson and "The New Glucose Revolution Low GI Vegetarian Cookbook: 80 Delicious Vegetarian and Vegan Dishes Made Easy with the Glycemic Index" by Dr. This specific book is great since it explains the research behind it and in addition has a couple of dishes and GI ideals for most foods. I'd like to provide the book more stars, but the incompleteness of the listings hurts. My favorites include the asian stir-fry, dark bean soup, and whole-wheat pizza. Have never made anything from the recipes. No GI or GL information listed for the recipes I purchased this reserve because I enjoy make and someone that We value was recently diagnosed with Type 2 Diabetes. Incidentally, a low carb/lower acid diet has actually eased the acid reflux disorder my husband suffers from. After trying several quality recipes in there, I wanted to broaden my collection. Jennie Brand-Miller After per month of consistent cooking I have rarely used Brown's "Low-carb Vegetarian" that is laden with ~50% dishes that use eggs. There are some great recipes within in the event that you eat eggs though. Very misleading Two Stars It's just alright. We first bought the "new glucose revolution reserve" and read it cover to cover. "THE BRAND NEW Glucose Revolution Low GI Vegetarian Cookbook" by Dr. We have been so addicted to the buckwheat pancakes specifically (they are savory ones, not really the kind you put maple syrup on, and probably quite different than any pancakes you have had before). It taught me a lot. First, the authors spend a considerable amount of time with a "sales page" for a low GI diet. I will say that I have no idea either of the authors and am doing this to greatly help a customer who could be wondering which to get... For as long time lacto vegetarians (no fish, meats or eggs, yes to dairy), this sounded particularly challenging. We eat a main meal during the day and a protein drink at night, even if working: switched when consuming. And I am needs to lose weight... Wish this helps! Very thorough book Each recipe contains information on the calories, fats, fiber, protein, and carbohydrates in each meal. The dishes are all delicious as well. There are some good recipes in this book! It really is hard to stay up to date when it comes to trends and fresh information in diet. That being said, this book generally has great information. Useful, but a work in progress I discovered the glycemic index data source at the University of Sydney internet site. I bought this publication because I needed a compact version to transport when shopping, preparing meals, eating out, and generally producing food choices. copyright 2006- Out of date information- don't waste materials your \$\$ This book has totally out of date information. My husband read the same content and felt it was something he could perform without eating "diet" foods. In the event that you accept that this is a partial report on foods simply as pocket calorie guidea are, you will not become disappointed and you may find it helpful to carry and use as a pocket guidebook to glycemic indices. I've found that after doing it for 2 full weeks, I can just about make foods without quality recipes just by having the ability to judge whether it's a higher or low-GI food. Comparing 3 Low Carb cookbooks When my hubby developed acid reflux, it had been recommended that he lower his carb intake. This book is a disappointment. But undoubtedly Robertson's "Carb Conscious Vegetarian" is the greatest. Well, I had already done my research on glycemic index prior to purchasing the reserve, and I don't turn to a cookbook for information of that type anyway. I expected

that the quality recipes would each possess information about the entire glycemic index of the recipe, but that is woefully lacking. They authors do include nutrition information for each recipe - fat, proteins, carbohydrates, etc. which reveals that a lot of of these recipes are saturated in carbs. There exists a useless table of "this-for-that" swaps that the authors recommend which include no-brainers such as wholegrain loaf of bread for biscuits. I wish I hadn't bought this book and will most likely donate it to a thrift store. I make it and use as much as it allows. Because it was created in 2006, much nutrition info has changed. I am a vegetarian nearly my very existence & But, I'd noticed in the last year that despite the fact that I workout pretty consistently, my rate of metabolism was changing and I had dramatic drops in blood sugar that left me feeling exhausted, light headed and nauseous a lot. Many thanks. As a vegetarian, this is a big challenge & I was hoping to get some insight out of this cookbook. But the quality recipes are all the original zero fat, high carb foods I've eaten my very existence that I've today learned are the way to obtain my high glucose levels. If the reserve weren't so inexpensive I'd return it. Simply wasted \$5 Five Stars This book was recommended if you ask me and I am glad I acquired it.). terrible use of the words terrible use of what :low carb: A person on a very restricted carb diet cannot use lots of their recipes. However, my copy of "Carb Conscious Vegetarian: 150 Delicious Recipes For Healthy Way of living" by Robin Robertson is a bit dog-eared already. (Sprouts, Whole Foods or at least Trader Joe's or the like) There is some basic nutrition details in leading of the book that i haven't gotten around to reading, so no feedback about this - I just just like the quality recipes. Wasn't really extremely educational either. At least never to me. I'd definitely recommend this reserve - and lifestyle - for anyone who is simply trying to be, experience, and look much healthier overall without typical diet constraints. Five Stars Good deal Five Stars Very useful to my husband's diabetes issues. My doctor suggested I cut down significantly on my carbs.



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