

"If you want the real scoop on how carbohydrates and sugar affect your body, read this book."

—JEAN CARPER, best-selling author and USA Weekend's EatSmart columnist

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GLUCOSE
Revolution

The Authoritative Guide to
THE GLYCEMIC INDEX
—the Dietary Solution
for Lifelong Health

Dr. Jennie Brand-Miller • Dr. Thomas M.S. Wolever

THE WORLD'S FOREMOST AUTHORITIES ON **THE GLYCEMIC INDEX**

Kaye Foster-Powell • Dr. Stephen Colagiuri

Jennie Brand-Miller Ph.D. and

**The New Glucose Revolution: The Authoritative Guide to
the Glycemic Index--the Dietary Solution for Lifelong
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emphasizes the significance of maintaining blood sugar control; Completely revised, updated, and expanded to add the newest information, an important guide describes the negative effects of carbohydrates about blood sugar; Original. and much more. contains tables of glycemic-index values for pretty much 800 foods;



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There is no denying that scanning this is a bit like heading back to school where you will need to read it, process it, and figure out how it pertains to your own diet plan and weight goals. Better GI diet plan books are available I read the GL Load diet plan book before I read this and discovered that one easier to understand and use. That book was recommended to me by my nutritionist. I purchased thinking it was even more of the GL diet - it really is, but on a very limited basis. I've read numerous diet books and found this has a significant amount of information. Example, page 19 includes a chart on "Elements That Impact the GI Value of a Food. Also, adding things like acid (vineger, lemon), dietary fiber and good fat can help the body digest foods much less quickly, which makes you are feeling full longer, which means you will have much less cravings. I've lost 38 pounds in five months and never felt deprived. Guidelines Not a Formula This book shed a lot of light on why I was not succeeding in my weight reduction goals. Honestly I thought I was reading a college level nutrition publication. By the time I got to the fundamental information, I was bored. I flipped many of the pages due to this problem and most likely missed some good information. The truth that it is a guidline rather than formula gives you the opportunity to adapt to your stage of lifestyle, activity level and weight reduction goals. I had currently given up almost all sugars and all artifical sweetners, eating mostly whole grains, and had been performing a 45-60 min cardio workout three times a week and obtaining no where in the 50 lbs I need to lose. I gave it a 2 rather than a 1 because 1) there is a set of foods with excellent GL and GI information. As a longtime member of the health career I thought I was fairly knowledgeable in neuro-scientific nutrition. It is therefore a decent reference. 2) they do caution against relying on the GL exclusively (but then the GI shouldn't be used exclusively). 3) they have some nice recipes. 4) for beginners in dieting there are several good assessment checks of the fat you eat (pg. 83) and an excellent discussion on proteins in the dietary plan (pg. The various other is that she continues suggesting margerine but I think it is to be a horrible low-fat alternative to butter and am ok with having more fat than chemical substances. There are several other good dieting guidelines but these jewels are mixed in with an excessive amount of research, charts and explanations. You can find much better, simplier books out there. The book is 2/3rds full of this type of information. The book does have a nice list of of foods making use of their GI amounts and GL amounts, recipes and a few practical tips. During the past I had lots of achievement following Atkins, but experienced that it was harmful and it left me feeling sluggish and miserable. After three weeks of following basic principals I've had successful weight adjustments for the first time in quite a while. This book isn't for a person who wants an instant fix or answer, the book provides ton of data points and strives to tell you how to use the data to make your own balance. Other folks have

commented there are many contradictions, and I think the problem is that they are looking for a yes/no list or formulation not really a guideline and arrange for moderation and balance. You also have to really understand the differences between Glycemic Index and Glycemic Load, which I feel she explains quite nicely. I doubt the dietary plan idea will ever become popular because you can find no quick fix answers. Nature is filled with natural grains, why not eat them, just pick the more natural types, not the ones guy had modified. On the other hand, I've already read the majority of the information elsewhere in simpler type. Boring and more than done. You can find two straight down sides to the book. Five Stars Excellent work gathering essential informations Four Stars This is for my daughter she loves the book Understanding what we consume and how exactly it affects our health and wellness . 50-51). From what I've read in various other books our bodies can't handle glucose, it upsets the body chemistry Great Great STOMACH FAT melts away I obtained this book about orders by my physician.. I believe it. I'm more a lover of whole foods. All carbs switch to sugar. The main element is to consume those foods which break down slowly, maintaining your natural insulin levels low.. Honestly, do nutritionists even look at that information for some of their individuals? I love the brand new me and would recommend this publication and what it has to tell every American who's overweight. Good information, not wild about meal ideas This book was recommended by way of a respected speaker I saw. It was interesting and provided an abundance of information. They dropped me on the meal ideas, nevertheless. One breakfast included a bowl of entire grain cereal, a bit of whole grain toast with jam and juice. Wha? I halted Atkins and started the daily losing struggle with my weight. So much processed food. The body hates sugars and teaches you so by making you fat. The New Glucose Revolution Recently I was identified as having prediabetes and attended a diabetes seminar about nutrition. This list will go somewhat beyond the info provided in either the GL Load diet plan reserve or the Glycemic Load Counter (Blades). Wrong once again! The information in this book is very easily readable and can be guaranteed to improve your eating habits if you have insulin level of resistance or any kind of blood glucose problems. By following the practical information in this book I've brought my readings back again to the normal range. Some of the details in this publication was very unexpected and unexpected. For example, get rid of the white rice and white breads, and eat nearer to organic foods like basmati/dark brown rice, and rye/pumpernickel bread rather. This is not an average diet book or one that promotes new natural or chemical substance miracles. As I don't have another book on this issue, I'll keep it as reference for now but I'm still searching for a more extensive book on the subject. Controlling blood sugar may be the key to remaining healthy. Great publication that I always get back to when I ... Great publication that I always get back to when I get "off track" with regards to my diet.

This book has quite typical sense information that has worked for me. Not really what I thought it might be Considering it was used and cheap, it's okay. The listings of GI are very limited and honestly, factors a person with a blood sugar levels concern really must not be consuming. My nutritionist stated the glycemic index is the wave of the future. The first is that the first two weeks of eating that lots of vegetables and large grainy food could make you, to be blunt, gasy... Understanding what we consume and how exactly it affects our health is vital. This publication deftly accomplishes this, giving us food for thought every time we reach for our next meal. Three Stars found the book interesting if you like the foods that you can do well with it Good sense information revealed by data/research, produces a winner. Readable and has a plethora of dishes as well. The research implies that processed foods make for BAD food, and you should eat less refined, more organic carbs. The authors provide practical information that is usable. You can still have carbs, simply pick the more natural/less refined ones. These factors include the "viscosity of fibers", and "high amylose to amylopectin ratio". Those low carbohydrate diets make no feeling. I have been following the arrange for almost a month and experience great and will see myself performing this for the others of my life without hesitation. I actually was disturbed that some quality recipes had sugar instead of . This method of eating low glycemic index foods melts unwanted fat aside. After years of yo-yo dieting, this is actually the best technique for losing weight and keeping it off. I actually was disturbed that some quality recipes had sugar rather than fruit sweetner. Again it is a guideline and I have the fleibilty to make as many natural and organic choices as I like but still follow the ideas.



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