



The Low GI Shoppers Guide to GI Values 2015 The Authoritative Source of Glycemic Index Values for More than 1,200 Foods

By Dr. Jennie Brand-Miller

Da Capo Lifelong Books. Paperback. Book Condition: New. Mass Market Paperback. 288 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. Diet trends come and go, but eating according to the glycemic index (to avoid blood sugar spikes) is a consistent, scientifically proven way to manage your health through your eating habits. The Low GI Shoppers Guide to GI Values 2015 makes it easier than ever! This go-to reference has everything you need to know to use the glycemic index, whether you are trying to lose weight or manage a chronic condition like diabetes. The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet. The 2015 edition of the Shoppers Guide also offers: nutritional data for more than 1, 200 popular foods; definitive at-a-glance tables arranged by food category; tips for maintaining a gluten-free, low GI diet; facts about sugar and sweeteners; and shopping lists and tips for everyday meals and dining out. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Mass Market Paperback.



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