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DR FIONA ATKINSON

# Low Gi Diet Shoppers Guide Ebook

**Dr. Jennie Brand-Miller, Kaye Foster-Powell**



## **Low Gi Diet Shoppers Guide Ebook:**

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go but eating according to the glycemic index is the consistent scientifically proven way to manage your health through your eating habits and The Low GI Shopper's Guide makes it easier than ever This go to reference has everything you need to know to use the glycemic index whether you have a chronic condition such as diabetes or are trying to lose weight The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the remarkable health benefits of a low GI diet The Shopper's Guide 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 The facts about sugar and sweeteners Shopping lists and tips for everyday meals and dining out

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**The Low GI Shopper's Guide to GI Values 2012** Dr. Jennie Brand-Miller, Kaye Foster-Powell, 2012-01-03 Whether you're grocery shopping planning dinner eating out or meeting with your nutritionist or dietitian the seventh annual edition of the Shopper's Guide to GI Values previous editions of which have sold more than 180 000 copies is a must for anyone seeking healthier eating habits Newly revised and updated the convenient at a glance tables make this the one necessary guide for people following a glycemic index GI diet to improve health conditions such as diabetes heart disease or PCOS lose weight or enhance their overall well being and fitness Shopper's Guide is the only annually updated book of GI values featuring nearly 1 300 foods and their GI values as well as comprehensive nutritional data for calories fat saturated fat cholesterol fiber and sodium

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