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**LowGI**DIET

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EDITION

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PROF JENNIE BRAND-MILLER  
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# Low Gi Diet Shoppers Guide

**Jennie Brand-Miller**

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

The Low GI Shopper's Guide to GI Values 2011 Jennie Brand-Miller, Kaye Foster-Powell, 2011-05-10 Alongside growing scientific evidence supporting the remarkable health benefit of a low GI diet and the forthcoming publication of the revised Low GI Handbook previously published as The New Glucose Revolution more than 1 million copies sold in all editions a new audience is poised to discover the Shopper's Guide and its comprehensive lists of GI values the key to unlocking those benefits Shopper's Guide is the only annually updated book of GI values featuring up to date comprehensive nutritional data on nearly 1 500 foods with additional information for those following gluten free diets shopping lists and tips for meal planning and dining out The convenient at a glance tables make this the necessary guide for people following the glycemic index to manage conditions such as diabetes heart disease or PCOS to lose weight or to improve their overall well being

*Low GI Diet Shopper's Guide* Janette Brand Miller, Jennie Brand-Miller, Kaye Foster-Powell, Fiona Atkinson, 2016-03-02 Whether you eat paleo or gluten free high carb moderate or low the LOW GI DIET SHOPPER'S GUIDE gives you the tools and tips you need to choose the best carbs Newly updated with the latest values and products this easy to use guide shows the GI values of your favourite foods and preferred brands and helps you identify healthier low GI carbohydrate alternatives so that you can start making a difference to your diet Included are GI values for over 1 000 foods and pre prepared meals including new products User friendly tables arranged by food category Comprehensive data on carbs per serve and glycemic load A shopping list of low GI essentials Tips for meal planning Ideas for gluten free meals Advice about eating out and keeping low GI The facts about sugars and sweeteners Subscribe for free to GI News the official newsletter of the Glycemic Index Foundation at [www.gisymbol.com](http://www.gisymbol.com) [ginews](http://ginews) The GI symbol is your guarantee that the GI value stated near the nutrition information label is accurate helping you select smart low GI carbohydrate foods with confidence to lower the overall GI of your diet The GI Symbol Program is run by the Glycemic Index Foundation a not for profit organisation established by the University of Sydney JDRF and Diabetes Australia *Shopper's Guide to GI Values* Jennie Brand-Miller, Kaye Foster-Powell, 2014-12-30 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 Shopper's 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 Shopper's 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 **Low GI Diet Shopper's Guide 2014** Jennie Brand-Miller, Kaye Foster-Powell, 2013-10-29 Unlock the secrets to long term health with Australia's bestselling LOW GI DIET SHOPPER'S GUIDE now updated for 2014 *Low GI*

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**The New Glucose Revolution Shopper's Guide to Low GI Values 2007** Dr. Jennie Brand-Miller, Kaye Foster-Powell, 2006-12-10 Whether you're grocery shopping planning tonight's dinner eating out or meeting with your nutritionist or dietitian this second annual edition of The New Glucose Revolution Shopper's Guide to GI Values 2007 is a must have book for all GI aware consumers Newly revised and updated included are glycemic index and glycemic load values for more than 500 popular foods tips on the best low GI foods available a guide to food labeling so you know what you're really looking at two GI food pyramids to guide your daily food choices

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profit organisation established by the University of Sydney JDRF and Diabetes Australia      **Professor Jennie**

**Brand-Miller's Low Gi Diet Shopper's Guide 2013** Janette Brand Miller, Jennie Brand-Miller, Kaye Foster-Powell, Fiona Atkinson, 2012 Studies have shown that a Low GI diet is the most sustainable and effective way to lose weight and keep it off The LOW GI DIET SHOPPER S GUIDE has been compiled by bestselling nutritionists Professor Jennie Brand Miller and Kaye Foster Powell and it will revolutionise the way you shop and eat Fully updated to include the latest GI Values and GI symbol program participants for 2013 the GI tables the comprehensive lists of foods and their GI values are the key to unlocking the fantastic health benefits of a low GI diet This revised edition includes all the very latest GI values in an easy to use format This handy pocket size guide also makes shopping easy with helpful hints for navigating the supermarket aisles and grocery lists to help you choose the right low GI foods There s also a guide to gluten free low GI foods and the best low GI foods to choose when eating out This is the best place to go for GI values      **The Low GI Shopper's Guide to GI Values 2013**

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Dr. Jennie Brand-Miller, M.D., Janette Brand Miller, Kaye Foster-Powell, 2006-09-21 The GI tables the comprehensive lists of foods and their GI values are the key to unlocking the fantastic health benefits of low GI eating In this fully revised edition the tables are easier to use than ever before and include A Z listings for easy access Low to high GI values listings Helpful comments to inform your food choices As well as the GI values the tables also give the serving size and glycemic load all the information you need to choose the best foods for the healthiest diet Symbols indicate star performer foods those with a low GI and you the best overall nutritional value With tables organised in a variety of easy formats to suit all readers the latest research into GI and an at a glance GI food pyramid this is the only book you need to understand GI values at a glance and make the best possible food choices 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

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