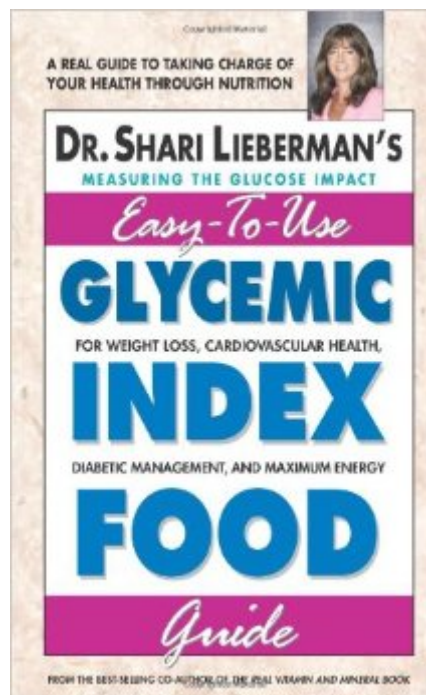


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# Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, And Maximum Energy



## Synopsis

The glycemic index (GI) is an important nutritional tool. By indicating how quickly a given food triggers a rise in blood sugar, the GI enables you to choose foods that can help you manage a variety of conditions and improve your overall health. Written by leading nutritionist Dr. Shari Lieberman, this book was designed as an easy-to-use guide to the glycemic index. The book first answers commonly asked questions, ensuring that you understand the GI and know how to use it. It then provides the glycemic index and glycemic load of hundreds of foods and beverages, including raw foods, cooked foods, and many combination and prepared foods. Whether you are interested in controlling your glucose levels to manage your diabetes, lose weight, increase your heart health, or simply enhance your well-being, the Glycemic Index Food Guide is the best place to start.

## Book Information

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## Customer Reviews

While this book did have many more listings than anything else I've found, it is very difficult to find what you are looking for. One simple alphabetical listing would have been much more helpful than the categories and sub-categories it has. Also note that this is a British publication, so many names are not familiar to Americans (an aubergine is an eggplant; a pulse is a pea, bean or lentil...)

This is the easiest to use reference of this kind that I've found. It alphabetizes by food as well as by kind of food - i.e. "spaghetti", or "Italian food", etc. It also has portion size and Glycemic LOAD - which is more useful than just the Glycemic Index. This is my #1 pick for this kind of information,

and the package is also small and affordable.

This is the perfect pocket guide to bring with you when you travel and when you go out to dinner. Dr. Shari Lieberman is a trusted authority in nutrition and she has put the issues that concern most diabetics and people watching their glucose levels at your fingertips in a very resourceful fashion.

Glycemic Index of foods not expressed numerically. Food are listed as low, medium or high. The Glycemic Load is expressed numerically. I know the author has the knowledge to do a better job. If you are a person who likes to know the glycemic number, look elsewhere. Really disappointed and this book will be donated to the public library.

I've bought literally thousands of books in my lifetime and this is really about as worthless as any I've ever seen. The index is almost non-existent, just try finding anything... like an onion! I gave up in disgust after a half hour of looking. Beware spending money on this book. I'm tossing it in the recycle bin as soon as I finish writing this.

For those of us looking to deal with our type II Diabetes, it is hard to find information that is straight forward and easy to use. This little book is a fantastic tool for monitoring what really needs to be watched, a foods Glycemic Load. There are only 30 pages of text and the rest is a easy to use index. By far the best \$4.00 investment I have made in keeping my blood sugar level where it needs to be. I encourage anyone dealing with diabetes to invest in this little book. You will be surprised at what you will learn about the foods you thought were safe, and the one you thought were bad. One note. This book is not aimed at losing weight, just monitoring GL.

The GI chart presented in this book is easy to read and pretty complete. The explanation of a high GI diet and the body's insulin response is pretty simplified. At one point the author then falls back on the popular belief that fat causes heart disease and cites some research she doesn't seem to have actually read. She does get back on track when she makes the link between low GI foods (meat, cheese, butter, eggs, most vegetables, fruits, nuts)and reduction of heart disease. Fortunately, most of the book is the index itself, which is useful.

I really like knowing the glycemic index of the different foods I eat, but think it could be a little more user friendly.

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