

Glycemic Index Cooking *made easy*

200
GREAT-
TASTING
RECIPES

Lose Weight, Eat Well, and Boost
Your Energy Levels Using Low-GI Foods

*Dr. Jennie Brand-Miller, Kaye Foster-Powell,
and Joanna McMillan-Price*

Glycemic Index Cooking Made Easy: Lose Weight, Eat Well,

and Boost Your Energy Levels Using Low GI Foods

Jennie Brand-Miller

2 hundred nice Tasting Recipes

This ebook explains approximately how yes meals are answerable for elevating your blood sugar and therefore inflicting you to achieve weight. It additionally explains how those yes meals can give a contribution to onset diabetes, center sickness and different clinical conditions. those meals are classified as having a low, medium or excessive Glycemic Index. Also, meals that metabolize extra speedy into sugar in the course of digestion are referred to as "Fast Carbs", whereas those who develop into sugar extra slowly and so no longer increase blood sugar as enormously are "Slow Glycemic Index Cooking Made Easy: Lose Weight, Eat Well, and Boost Your Energy Levels Using Low GI Foods Carbs." This e-book explains how casting off speedy Carbs from the nutrition will relief in weight loss. The recipes integrated listed here are decent, yet now not exceptional. It reads very similar to a textbook, however the structure of the textual content isn't completely reader friendly. Overall, it's a reasonable book, with strong uncomplicated information regarding a nutritious diet and a few nice, if now not overwhelming recipes. while you're attempting to drop some pounds (and who isn't, am I right?) this can be a sturdy start line overhauling your diet. One mammoth switch I made was once putting off white rice, which have been a staple in my vitamin on account that college. White rice, i've got learned, is a quick Carb that increases your blood sugar fast and contributes to weight gain. seeing that except for rice (and stepping up my exercise), i've got visible a obvious development in either my weight and total health.

Glycemic Index Cooking Made Easy Lose Weight Eat Well And Boost Your Energy Levels Using Low GI Foods

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