

A Companion to the *New York Times* Bestseller
The New Glucose Revolution

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POCKET GUIDE TO

HEALTHY KIDS

- Use the glycemic index to easily incorporate better eating habits into your child's diet
- Meal ideas and practical tips for children of every age — from infants to adolescents
- Authoritative, comprehensive and up-to-date glycemic index information from the world's leading authorities

Jennie Brand-Miller, Ph.D. • Kaye Foster-Powell, M. Nutr. & Diet.
Heather Gilbertson, Ph.D.

New Glucose Revolution Healthy Kids

**Dr. Jennie Brand-Miller, Thomas M. S.
Wolever**



New Glucose Revolution Healthy Kids:

The New Glucose Revolution Pocket Guide to Healthy Kids Dr. Jennie Brand-Miller, Kaye Foster-Powell, Heather Gilbertson, 2004-05-28 Doctors say that healthy eating habits should start at an early age but planning a healthy diet that children will eat and enjoy can be a challenging task for parents In this handy pocket guide the world's leading experts on the glycemic index GI a ranking of foods according to the rate at which their carbohydrate contents are digested and absorbed clearly explain how parents can use it to improve and maintain the overall nutrition and health of their children These authors of the New York Times bestseller *The New Glucose Revolution* describe which types of carbohydrates are best for children shows how foods with low GI values can help guide important dieting decisions and provides menus that even the pickiest eaters will love With an accessible alphabetical listing of the glycemic index values fat and carbohydrate content of over 800 foods and drinks addressed to parents of children of all ages *The New Glucose Revolution Pocket Guide to Healthy Kids* will help them lay the foundation for a healthy future

The New Glucose Revolution Dr. Jennie Brand-Miller, Thomas M.S. Wolever, Kaye Foster-Powell, 2006-12-27 Describes the negative effects of carbohydrates on blood sugar emphasizes the importance of maintaining blood glucose control and includes tables of glycemic index values for nearly eight hundred foods

The New Glucose Revolution Janette Brand Miller, Jennie Brand-Miller, Kaye Foster-Powell, Heather Gilbertson, 2003-06-01 Guide to improving children's health and wellbeing based on a low glycemic index diet Discusses how food can affect children's temperament energy levels ability to concentrate and long term health Looks at creating exciting and nutritious school lunch boxes dealing with fussy eaters special needs of sporty kids fuelling the adolescent growth spurt and dealing with overweight children Includes a seven day meal plan and glycemic index table Brand Miller is Professor of Human Nutrition at the University of Sydney President of the Nutrition Society of Australia and winner of the Clunies Ross National Science and Technology medal Foster Powell is a dietitian with Wentworth Area Diabetes Services Gilbertson is a clinical specialist dietitian and diabetes dietitian educator

NO MORE DIETS (A Guide to Healthy Eating) Anne Rogers, 2008-08-20 No More Diets A Guide To Healthy Eating If you could improve any aspect of your health today what would you choose Would you want to be at your ideal weight Feel and look younger Avoid premature aging Reduce or eliminate some diseases or illness Not feel tired all the time increase your energy Anne Rogers is a retired registered nurse and qualified nutritionist She spent 10 years researching this book She was very overweight 18 stone while nursing and was desperate to lose weight Anne tried lots of diets which failed She decided to research and write this book after qualifying as a nutritionist she lost weight by putting the advice in the book into practice Anne now weighs 10 5 stone and feels better She does not diet and eats as much of the right kind of food as she wants and enjoys her food and her new found health Many people have benefited from this book and have improved their health

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

Strong Kids, Healthy Kids Fredrick HAHN, 2008-11-12 All parents want their children to be healthy fit and more active but there is a pervasive myth that keeps many kids from reaching their full potential A popular misconception is that young athletes shouldn't engage in strength training because it is harmful However current research including a recent study from the Mayo Clinic indicates that nothing could be further from the truth Strength training is the single most effective exercise method for reversing adolescent obesity and can dramatically alter and improve a child's body composition With his blockbuster book The Slow Burn™ Fitness Revolution renowned personal trainer Fredrick Hahn revealed the secret to strengthening muscles enhancing flexibility burning fat and improving performance in just 30 minutes a week Now in Strong Kids Healthy Kids he shows parents caregivers teachers and doctors how his fitness program can change the lives of children and teens everywhere no matter what their athletic ability Whether a child is inactive or a competitive athlete looking to take his performance to the next level he can become much stronger and fitter As the founder of the Mighty Tykes and Teens™ program Hahn is an expert on child fitness Here he shows kids how to get strong fast increase bone density and resistance to injury improve cardiovascular health enhance flexibility increase their metabolism and reduce body fat With this proven program all children can build their self esteem improve their performance and lead healthier lives

The Low GI Eating Plan for an Optimal Pregnancy: The Authoritative Science-Based Nutrition Guide for Mother and Baby Jennie Brand-Miller, Kate Marsh, Robert Moses, 2013-04-23 A scientifically proven safe and effective program to help boost your chances of conceiving ensure a healthy pregnancy avoid gestational diabetes and give your baby the best possible start toward lifelong health The Low GI Eating Plan for an Optimal Pregnancy written by the world's leading experts on the glycemic index GI will help you to clearly understand the connection between the food you eat your blood glucose levels and your baby's future health The focus is on low GI carbohydrates vital at this time because reducing the GI of your diet is one of the safest and most effective ways to ensure that your baby grows at the optimal rate without you gaining excessive body fat and without compromising nutrition during this important stage of life This book will show you how to optimize your diet pre conception during pregnancy and once your child has been born to ensure a healthy baby and a healthy mom and includes What to be aware of once you're eating for two How to ensure your weight gain is healthy The importance of blood glucose in pregnancy and why gestational diabetes is a big deal 8 guiding principles that make it easy to put everything into practice The best foods to eat as well as the ones to avoid 50 delicious quick and easy low GI recipes plus sample menu ideas Helpful checklists and guidance on how to exercise safely The Low GI Eating Plan for an Optimal Pregnancy is the only book

specifically for pregnancy written by internationally recognized scientists qualified in nutrition dietetics and diabetes It is an essential authoritative guide for all mothers to be and new moms **The Low GI Handbook** Dr. Jennie Brand-Miller, Thomas M. S. Wolever, 2010-07-13 Portion of edition statement from p 4 of cover Healthy Family, Happy Family Karen Fischer, 2010 HEALTHY FAMILY HAPPY FAMILY shows you how to cook quick and delicious meals You also prepare many of them in bulk so you don t have to cook every night It also teaches you how to market healthy food to fussy kids so that they choose vegies over KFC The book includes over 100 recipes as well as weekly menus and detailed shopping lists These are the keys to saving time and money Specialised recipes cover lunchbox options vegetarians and vegans gluten free parties and picnics **Healthy Family, Happy Family** Karen Fischer Dip Nut, 2011-03-31 This is the one stop food manual for parents With just a few simple rules to follow any parent no matter how busy and stressed they may be can provide healthy food for their family day after day and have more time left over not less Healthy Family Happy Family shows you how to cook quick and delicious meals You also prepare many of them in bulk so you don t have to cook every night It also teaches you how to market healthy food to fussy kids so that they choose vegies over KFC The book includes over 100 recipes as well as weekly menus and detailed shopping lists These are the keys to saving time and money Specialised recipes cover lunchbox options vegetarians and vegans gluten free parties and picnics

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