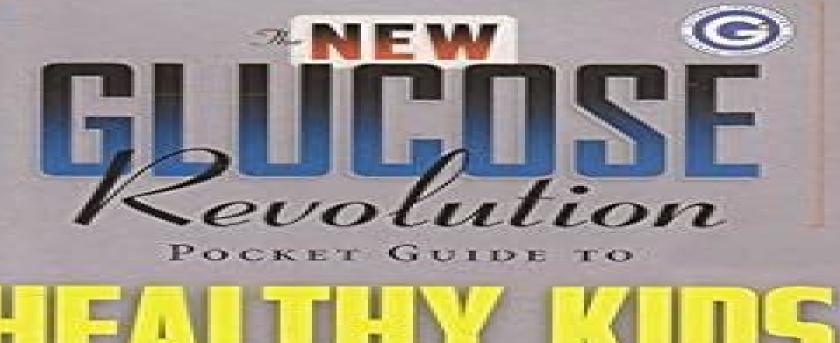
A Companion to the New York Times Bestseller The New Glucose Revolution



- Use the glycemic index to easily incorporate better: eating habits into your child's diet
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Jennie Brand-Miller, Ph.D. . Kaye Foster-Powell, M. Nutz. & Diet. Heather Gilbertson, Ph.D.

# **New Glucose Revolution Healthy Kids**

**Tony Gonzalez** 

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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

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**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

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The New Glucose Revolution Low GI Family Cookbook Dr. Jennie Brand-Miller, Kaye Foster-Powell, Anneka Manning, Philippa Sandall, 2008-02-26 Low GI eating has advantages for everyone including healthy growing children By raising blood glucose and insulin levels more gradually and evenly which means food is more filling low GI diets reduce the risk of heart disease diabetes and obesity An essential guide to raising and nourishing children of all ages The New Glucose Revolution Low GI Family Cookbook has ideas for healthy meals for every time of day from breakfast to dinner to dessert You ll also learn strategies to help kids make smart food choices how to plan balanced diets and substitute high GI foods with low GI alternatives and information for feeding kids with food allergies or sensitivities With low GI varieties of family favorites like mac n cheese and spaghetti with meatballs this cookbook also includes many other tasty kid tested recipes including baked crispy fish pieces French toast with strawberry and banana topping cheesy vegetable patties frozen berry yogurt popsicles homemade popcorn and easy tomato tuna pasta Providing your family with the nutrition they require can be a challenge when you re confronted with a range of ages and preferences But with The New Glucose Revolution Low GI Family Cookbook you can feed your whole family nutritious and enticing meals while learning the healthy eating habits of the GI for a lifetime of health and vitality

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