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Dr. Anthony Leeds • Kaye Foster-Powell

New Glucose Revolution The Metabolic Syndrome And Your Heart

Anne Rogers



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New Glucose Revolution for Diabetes Jennie Brand-Miller, Stephen Colagiuri, 2007-05-31 The New Glucose Revolution for Diabetes is the first comprehensive guide to using the glycemic index to control type 1 diabetes type 2 diabetes prediabetes and more The book features the latest most accurate information with new findings by the authors It includes GI based recipes and menus for type 1 type 2 prediabetes gestational diabetes and juvenile diabetes as well as related conditions like obesity and celiac disease plus practical dietary guidance on sugar sweeteners alcohol snacking and eating out

The Metabolic Syndrome and Your Heart Jennie Brand-Miller, Janette Brand Miller, Kaye Foster-Powell, Anthony R. Leeds, 2003 Guide to heart health and the prevention of heart disease Looks at how high carbohydrate and low glycemic index foods help control blood glucose insulin sensitivity and weight and reduce the risk of heart disease and the metabolic syndrome Includes a seven day low fat and low glycemic index plan glycemic index table and reading sources and references Brand Miller is Professor of Human Nutrition at the University of Sydney Foster Powell is a dietitian with Wentworth Area Diabetes Services Leeds is Senior Lecturer in the Department of Nutrition and Dietetics at King s College in London and a Fellow of the Institute of Biology

The New Glucose Revolution Low GI Gluten-Free Eating Made Easy Dr. Jennie Brand-Miller, Kate Marsh, Philippa Sandall, 2008-03-25 Discusses the importance of a low glycemic index gluten free diet provides recipes for this type of diet and offers information about serving sizes calorie and carbohydrate content and glycemic index values for many foods

The New Glucose Revolution Pocket Guide to the Metabolic Syndrome and Your Heart Jennie Brand-Miller, Kaye Foster-Powell, Anthony Leeds, 2004-03-15 The latest medical research clearly confirms that the glycemic index GI an easy to understand ranking of foods based on their effect on blood glucose levels is vitally important for heart health and the prevention of the Metabolic Syndrome aka Syndrome X and insulin resistance Slowly digested low GI carbohydrates like pasta grainy breads and cereals based on wheat bran and oats play an important role in treating and preventing heart disease in addition to controlling blood sugar and aiding weight loss This handy pocket guide shows readers how to choose the right amount of the right carbohydrates for reducing the risk of heart attack and for lifelong health and well being Included is a 7 day low fat low GI meal plan for heart health a healthy heart pantry checklist and the glycemic index values fat and carbohydrate content for over 300 foods and drinks

Everything You Need to Know to Manage Type 2 Diabetes Jennie Brand-Miller, Kaye Foster-Powell, 2025-05-01 A practical easy to use guide to help you manage type 2 diabetes or prediabetes If you are one of the millions of people living with diabetes or prediabetes you may feel like you re inundated with information on how to manage your condition The good news is that we now know a lot more about managing diabetes or reducing your risk of developing it and here the world s foremost glycemic index experts share their wisdom Rather than blind you with science or swamp you with facts Everything You Need to Know to Manage Type 2 Diabetes sets out clearly and simply what you need to eat and do to help you Reduce your risk of developing diabetes Improve your insulin

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