

Low **Gi** Eating Made Easy

The Easy Way to Eat Well,
Look Good and Stay Healthy

Dr Jennie Brand-Miller

the authority on low Gi eating

Low FODMAP, Paleo, Vegan



Low Gi Eating Made Easy

**Jennie Brand-Miller, Kate Marsh, Robert
Moses**



Low Gi Eating Made Easy:

The New Glucose Revolution Low GI Gluten-Free Eating Made Easy Dr. Jennie Brand-Miller, Kate Marsh, Philippa Sandall, 2009-03-12 More than two million North Americans have celiac disease and must follow a gluten free diet but the absence of grains and the higher fat and sugar content of many gluten free products can cause health problems and nutrient deficiencies Now The New Glucose Revolution Low GI Gluten Free Eating Made Easy simplifies the challenges of a gluten free diet and emphasizes the lifelong health benefits of low GI gluten free eating Widely recognized as the most significant dietary finding of the last 25 years the glycemic index GI is an easy to understand measure of how foods affect blood glucose levels Low GI diets improve health and weight control lower bad cholesterol and help prevent or reduce your risk of type 2 diabetes heart disease cancer and other chronic diseases This clear accessible guide has everything you need to know for healthful gluten free eating including Seven simple dietary guidelines for eating gluten free and low GI A guide to finding and buying gluten free products Low GI substitutes for common high GI albeit gluten free foods Cutting edge scientific findings on the benefits of eating low GI foods 70 delicious easy to prepare recipes include dishes for each meal of the day GI values of hundreds of popular gluten free foods The New Glucose Revolution Low GI Gluten Free Eating Made Easy is the definitive resource to healthy living for everyone with celiac disease gluten intolerance or other wheat sensitivities *The Low GI Eating Plan for an Optimal Pregnancy* Jennie Brand-Miller, Kate Marsh, Robert Moses, 2013-04-23 Offers readers advice on optimizing their diet for pre conception pregnancy and after the baby is born to ensure a healthy baby and mother

Glycemic Matrix Guide to Low GI and GL Eating Richard A. Price, 2008-04 The Glycemic Matrix is a new paradigm which combines the glycemic index with the glycemic load in a gram of food This maximizes hunger satisfaction while minimizing glycemic impact Everything You Need to Know to Manage Type 2 Diabetes Jennie Brand-Miller, Kaye Foster-Powell, 2015-05-01 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 sensitivity and your cardiovascular health Keep your blood glucose levels blood pressure and blood fats under control Reduce your body fat and maintain a healthy body With tips and strategies for working with your doctor the most recent info on medications and guidance on the best foods to eat at home or at a restaurant Everything You Need to Know to Manage Type 2 Diabetes offers uncomplicated straightforward advice to help you survive and thrive **Shopper's Guide to GI Values** Jennie Brand-Miller, Kaye Foster-Powell, 2014-12-30 Diet trends come and go but eating according to the glycemic index to avoid blood sugar spikes is a

consistent scientifically proven way to manage your health through your eating habits The Low GI Shopper's Guide to GI Values 2015 makes it easier than ever This go to reference has everything you need to know to use the glycemic index whether you are trying to lose weight or manage a chronic condition like diabetes The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet The 2015 edition of the Shopper's Guide also offers nutritional data for more than 1 200 popular foods definitive at a glance tables arranged by food category tips for maintaining a gluten free low GI diet facts about sugar and sweeteners and shopping lists and tips for everyday meals and dining out

Low GI Eating Made Easy! Janette Brand Miller,Kaye Foster-Powell,Philippa Sandall,2005-01-01 Low GI smart carbs are for everybody every day every meal LOW GI EATING MADE EASY is about choosing and using the top 100 Low GI smart carb foods the ones that produce only small fluctuations in your blood glucose levels so that you feel fuller longer and increase your energy levels making looking good and feeling healthy achievable and sustainable LOW GI EATING MADE EASY includes An easy to understand overview of the GI and GL and its importance on health and wellbeing A complete listing of the top 100 Low GI smart carb foods in easy to follow sections such as fruit and vegetables breads and cereals legumes nuts and indulgences Clear commentary on how to choose and use Low GI smart carbs how to plan a balanced diet how to substitute high GI foods with low GI smart carb alternatives A 1 2 3 approach to creating Low GI meals and snacks A 1 2 3 approach to getting active to support the energy in energy out equation Over 300 meal ideas and quick recipes Easy to use Low Medium and High GI and GL Tables including G symbol program participants

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 Low GI Handbook Dr. Jennie Brand-Miller,Thomas M. S. Wolever,2010-07-13 Portion of edition statement from p 4 of cover

Diabetes Meal Planning Made Easy Hope Warshaw,2010-03-15 Planning a meal around diabetes doesn't have to be difficult Meal planning is one of the hardest parts of managing diabetes The new edition of Hope Warshaw's best selling book gives you all the tools you need to plan and eat healthier meals Updated to include the latest nutrition recommendations for the American Diabetes Association and the federal government's Dietary Guidelines for Americans Diabetes Meal Planning Made Easy is a resource no person with diabetes should be without The Fourth Edition of Diabetes Meal Planning Made Easy provides the answers to all questions you have What are my health and nutrition goals What is the best kind of oil to use How do I make my favorite recipes healthier Do I need dietary supplements What strategies can I use to make food shopping and preparation easier

The GI Made Simple Sherry Torkos,2010-03-02 Not Another Diet Book The Glycemic Index GI is a scientifically proven tool that will revolutionize your approach to weight loss Forget fad diets depriving yourself and counting calories a low glycemic diet is simple to follow satisfying and it will give you results that you can see and feel Sherry Torkos a pharmacist

fitness instructor and natural health expert has created an easy to follow action plan that will help you to lose weight reduce food cravings control appetite and boost energy while you improve your health In this book you will learn about Diabetes metabolic syndrome and heart disease how to lower risk using the GI The impact of blood sugar and insulin on weight loss aging and sexual function How stress sleep and hormone imbalances affect body fat Holiday and restaurant survival strategies Smart supplements for blood sugar control and weight loss Tips on creating an effective exercise program The GI Made Simple is a Valuable resource for everyone Whether you want to lose weight have more energy and greater vitality or cut your risk of chronic health problems this is a must have book

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