

**THE**

NUTRITIONALLY SOUND, MEDICALLY

**HEALTHY**

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**LOW GI**

DR CHARLES CLARK

**LOW**

& MAUREEN CLARK

**CARB**

Bestselling authors of *The New High Protein Diet*

**DIET**

# Low Carb Low Gi Diet Nutritionally Sound Medically Safe No Willpower Needed

**Jennie Brand-Miller, Janette Brand  
Miller, Kaye Foster-Powell**



## **Low Carb Low Gi Diet Nutritionally Sound Medically Safe No Willpower Needed:**

**The Healthy Low GI Low Carb Diet** Charles Clark, Maureen Clark, 2010-08-31 Despite negative speculation in the media regarding the future of the low carb diet this revolutionary dietary phenomenon continues to attract an enormous following The lure of the rapid weight loss causes converts to radically adjust their dietary habits in order to meet the demands of the lifestyle Yet for many this is simply not an option Particularly ardent critics of the diet include vegetarians who are offered no alternatives to the high meat content and what of those of us with a sweet tooth or those who need natural fibre in their diet In this groundbreaking new work Dr Charles Clark has devised a low carb low GI plan that caters for all types of dietary requirement It s vegetarian friendly and nutritionally balanced allowing for previously sinful foods including pasta pulses fruit and puddings What s more he has set out to counter the criticisms of those who argue that low carb lifestyles can be detrimental to health A series of medical case studies proves how adopting a low carbohydrate diet can in fact be of benefit in certain key areas of health So if you feared you could never be part of the low carb crowd look no further this is the diet for becoming slim and healthy the low carb low GI way without cutting out the foods you love We ve all heard of Jen and Madonna using high protein diets to lose weight It s a tricky one to follow safely but with Prof Charles Clark s sensible approach us mere mortals can do it too New Woman

[The Low GI Diet Revolution](#) Jennie Brand-Miller, Janette Brand Miller, Kaye Foster-Powell, 2004 The authors of The New Glucose Revolution introduce the glycemic index as well as a new smart carb diet for losing weight and keeping it off all based on sound science and proven experience Original

[The Glycemic Load Diet Guide: With High Fiber: High Protein: Complex Carbs](#) Sarah Chastain, 2014-05-12 Do you want to lose weight and keep it off Increase your energy levels If so eating the low GI High fiber high protein with With Points way could be the answer The glycemic index diet is not a true low carbohydrate diet because you don t have to count carbohydrates carbs Nor is it a low fat diet It also doesn t require you to reduce portion sizes or count calories For the same you will find selected low carb low gi recipes If you are looking for a structured diet that tells you exactly what types of foods to eat how much and when Weight Watchers might not work for you The ability to choose anything you want to eat may prove too tempting for some It is completely possible to use all your Points on less than nutritious foods unless you consciously commit to making healthier decisions They advertise trying to convince overweight people that they can lose weight without sacrificing the foods they love However this is only achieved by allowing dieters to have calories that should be consumed on healthy food with very small portions of potentially unhealthy food This strategy gives the dieter a false sense of the real nutritional changes they need to make in their lives for long term success If one seriously wants to lose weight and keep it off they need to think more comprehensively about the foods they eat without the confusing points scheme With the old points system you could use your points anyway you like But we now know if you use your points wisely by eating foods rich in protein and fiber these foods fill you up keep hunger at bay and help you lose weight in a healthier and more nutritious way

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