

SUGAR AND ENERGY



THE GLYCEMIC INDEX SOLUTION
FOR OPTIMUM HEALTH

THE NEW GLUCOSE *revolution*



PROF JENNIE BRAND-MILLER
KAYE FOSTER-POWELL



New Glucose Revolution

**Janette Brand Miller, Jennie Brand-
Miller, Lisa Lintner, Stephen
Colagiuri, Kaye Foster-Powell**



New Glucose Revolution:

The New Glucose Revolution Janette Brand Miller, Jennie Brand-Miller, Lisa Lintner, Stephen Colagiuri, Kaye Foster-Powell, 2002-01-01 The glycemic index GI is the scientifically proven tool that is revolutionising the way people view what foods especially carbohydrates they eat It is nothing less than a revolution The GI an easy to understand guide to how the carbohydrates in different foods affect blood glucose levels can help you lose weight reduce the risk of heart attack and heart disease manage type 1 and type 2 diabetes control blood glucose levels achieve optimum health In clear and simple language The New Glucose Revolution explains why eating slowly digested carbohydrates those with a low GI will have dramatic effects on your wellbeing As well as all the latest scientific research this popular book shows you how easy it is to include healthy low GI foods in your diet The New Glucose Revolution is for everybody every day every meal 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 **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 New Glucose Revolution Complete Guide to**

Glycemic Index Values Jennie Brand-Miller, Kaye Foster-Powell, Susanna Holt, Ph.D., 2003-09-01 Available for the first time is a pocket guide devoted exclusively to comprehensive tables of glycemic index values in an easy to read format Glucose Revolution

Jessie Inchauspe, 2022-04-05 Lose weight stop cravings get your energy back and still eat what you love **The New Glucose Revolution Pocket Guide to Peak Performance** Jennie Brand-Miller, Stephen Colagiuri, Kaye

Foster-Powell, 2004 Written by the world's leading authorities on the glycemic index GI The New Glucose Revolution Pocket Guide to Peak Performance recommends what to eat to boost athletic performance enhance stamina and prevent fatigue It presents success stories profiling athletes and others who have improved their performance by eating low and high GI foods at the appropriate times It also answers the questions asked most frequently by athletes and others about the GI and includes a complete table with the GI glycemic load and carbohydrate values of more than 800 foods and drinks Other subjects include energy charging with carbohydrate eating for competing refueling hints and menu plans Filled with fun easy and practical suggestions it is ideal for weekend warriors serious athletes and everyone who wants to perform at their maximum

The New Glucose Revolution Pocket Guide to Diabetes Jennie Brand-Miller, Janette Brand Miller, Kaye Foster-Powell, Johanna Burani, 2003 A revised updated edition of the best selling guide to controlling diabetes continues to

help sufferers of this disease manage their lives with low glycemic foods Original *The New Glucose Revolution What Makes My Blood Glucose Go Up . . . and Down?* Dr. Jennie Brand-Miller, Kaye Foster-Powell, David Mendosa, 2006-06-22 Dr Jennie Brand Miller and Kaye Foster Powell authors of the New York Times best seller *The New Glucose Revolution* and David Mendosa a leading diabetes journalist answer the most frequently asked questions about blood glucose levels They address a wide range of concerns correct common misconceptions and educate how best to monitor and control glucose levels Among the questions addressed are What is a normal blood glucose level What can I do to bring down my blood glucose levels when they re high Can being stressed really have something to do with my high blood glucose Which carbohydrates will raise my blood glucose the least What is the glycemic index When I crave something sweet what should I have This book is for everyone with type 1 or type 2 diabetes prediabetes those who experience blood sugar lows or highs during the course of a day people clinically diagnosed with hypoglycemia or hyperglycemia those with the metabolic syndrome or Syndrome X and everyone interested in taking preventative measures to preserve good health An indispensable guide this book is for those who want clear scientifically based information about the connection between food exercise weight and blood glucose levels *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 Complete Guide to Glycemic Index Values* ,2003

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