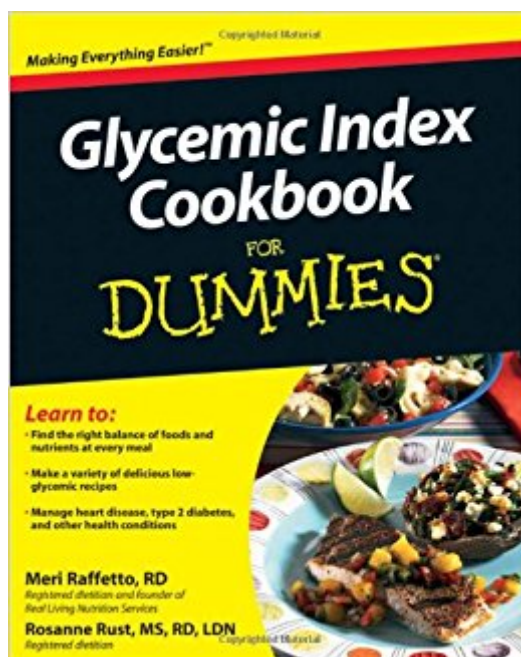


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# Glycemic Index Cookbook For Dummies



## Synopsis

Keep a low GI diet with delicious and simple recipes Using the glycemic index is not only a proven method of losing and maintaining weight safely and quickly, it's also an effective way to prevent the most common diseases of affluence, such as coronary heart disease, diabetes, and obesity. Now you can easily whip up meals at home that will help you shed unwanted pounds and stay healthy with the Glycemic Index Cookbook For Dummies. 150 delicious and simple recipes with a glycemic index and glycemic load rating level for each Includes breakfast, lunch, dinner, on-the-go, vegetarian, and kid-friendly recipes Full-color insert showcases many of the book's recipes If you're one of the millions of people looking for a safe, effective, and easy-to-follow diet with proven results, Glycemic Index Cookbook For Dummies has all of the information and recipes that will get you well on the way to a healthier you.

## Book Information

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## Customer Reviews

Stick to a low-glycemic diet with delicious and simple recipes If you're looking for a safe, effective, and easy-to-follow diet with proven results, this friendly guide is for you! You'll find out how to whip up delicious low-glycemic meals that can help you achieve all your health goals, from shedding pounds and managing health issues to maintaining general wellness. Glycemic index 101 â " understand the differences between carbohydrates, get a handle on the roles of blood sugar and insulin, and find out how to measure a food's glycemic index Get cooking for your health â " discover the many benefits of a low-glycemic diet and how you can use it to manage health

problems, including polycystic ovary syndrome Create a healthy lifestyle " come up with meal-planning strategies, stock your kitchen with low-glycemic staples, practice new cooking methods, and decipher nutrition labels with ease Take a bite of the good life " get 150 recipes for making everything from savory snacks and sides to delectable main dishes and desserts Open the book and find: How a low-glycemic lifestyle can help prevent disease Tips for curbing cravings and losing weight Helpful meal-planning strategies Advice for stocking your pantry, fridge, and freezer 150 delicious and simple recipes Lifestyle choices that complement a low-glycemic diet Pointers for sticking to a low-glycemic diet during special occasions Learn to: Find the right balance of foods and nutrients at every meal Make a variety of delicious low-glycemic recipes

Meri Raffetto, RD, is a registered dietitian and recognized professional in the area of nutrition and wellness; she has been featured in Healthy Living Magazine and the Chicago Tribune. She is the founder and CEO of [reallivingnutrition.com](http://reallivingnutrition.com) and author of *The Glycemic Index Diet For Dummies*. Rosanne Rust, MS, RD, LDN, is a registered dietitian, freelance writer, and online weight-loss coach for Real Living Nutrition Services.

The book is easy to read with a minimum of medical terminology. It explains the glycemic index in considerable detail and then addresses a variety of foods, including the provision of glycemic ratings. For anyone who is pre-diabetic or diabetic, this book is a valuable aid. The higher one's A1C number is, the more important the book becomes. Recipes are included but if the reader understands the index and the foods like sugar and wheat that are the greatest offenders, the reader can use any cookbook and choose the preferred low glycemic recipes. Other cookbooks may not show glycemic numbers but that isn't necessary if the reader knows how the index works. I personally have dramatically reduced the white bread, chips, and potatoes I consume and look forward to my next bloodwork.

This dummies book covers everything! Before the recipes even begin, the author covers the difference between glycemic index and glycemic load. She makes sure to point out that portions are important, which most books do not discuss! The recipe section is impressive and so far, well received by my husband (meat and potatoes guy).

My doctor says I am "pre-diabetic" and recommended that I look into "healthier eating". Sounded yucky, but a little research led me to look into eating based upon glycemic index. I bought two

books, but this one is by far my favorite. Lots of information, which you can read or skip. The recipes are wonderful. They are relatively simple and use foods that are easily obtainable. I could cook most of this stuff and feed it to my husband and he would never realize that's it anything but regular food.

This cookbook was fun to read while I was hungry. Reading the recipes gave me a good idea of what I needed to change in my diet in order to be helpful with my PCOD issues, without having to read into all the scientific stuff. I still intend to read on the science behind it, but this book gave me enough to get started with in the meanwhile, because I don't want to wait until I'm an expert to make important changes.

Good assortment of recipes. Good starting place for anyone needing (or wanting) to pay attention to glycemic load. I bought this because I had a disturbing result on one of my blood tests and my doctor recommended learning about glycemic load.

Haven't had a lot of time to read this yet, but it seems like a very helpful book for someone just getting into the whole glycemic index way of eating.

I have been using this book for about 3 weeks and have followed it with very little exercise just the usual dog walking and I have lost 8 pounds. This book makes it so easy to understand what to and what everything means. Most diet books read like stereo instructions this one was very clear, easy and precise.

Thank you for reminding me. I just opened it the other day and was startled. By all the empty spaces where perhaps illustrations should be. I will try to return my kindle edition.

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CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Glycemic Index Cookbook For Dummies Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly Index Vol. 2 (Index (Index Magazine)) The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series) Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, and Maximum Energy The Low GI Slow Cooker: Delicious and Easy

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