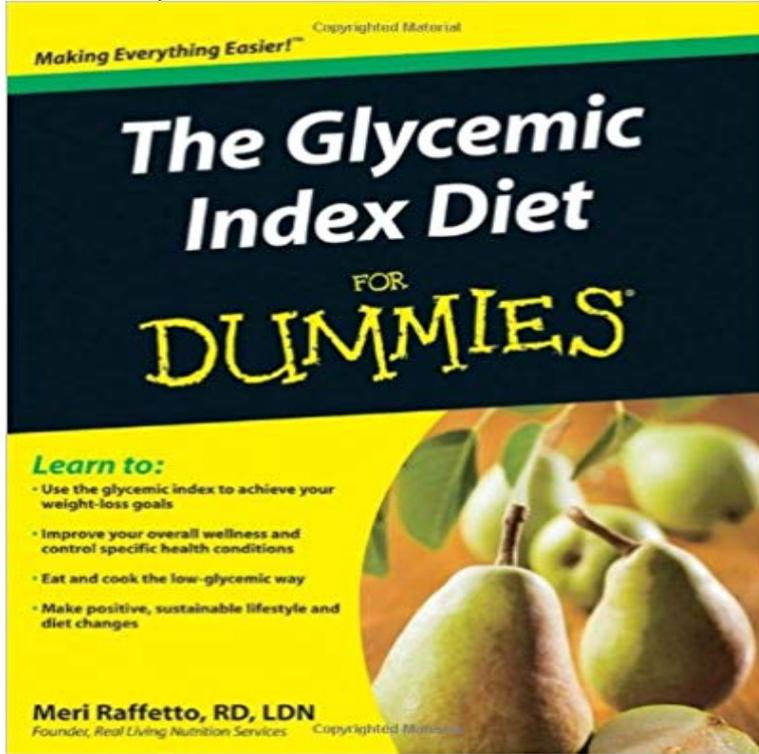


The Glycemic Index Diet For Dummies



Get proven results from this safe, effective, and easy-to-follow diet. Using the glycemic index is a proven method of losing and maintaining weight safely and quickly. The Glycemic Index Diet For Dummies presents this system in an easy-to-apply manner, giving you the tools and tips you need to shed unwanted pounds and improve your overall health. Recommends foods that boost metabolism, promote weight loss, and provide longer-lasting energy. Features delicious recipes for glycemic-friendly cooking at home. Includes exercises for maintaining glycemic index weight loss and promoting physical fitness. Offers guidance on shopping for food as well as eating at restaurants and away from home. You'll not only see how to apply the glycemic index to your existing diet plan, but also how to develop a lifestyle based around improving your overall health.

Like other low-glycemic diets, eating a diet that is full of fresh and low-starch veggies and fruits as well as lean proteins, low-fat and low-sugar dairy and modest amounts of grains and legumes is encouraged. Foods to be avoided include most processed foods, like those that contain sugar and refined flours. The low-glycemic (low-GI) diet is based on the concept of the glycemic index (GI). Studies have shown that the low-GI diet may result in weight loss. *The Glycemic Index Diet For Dummies, 2nd Edition*. By Meri Raffetto. The Mediterranean diet has been studied for more than 60 years with evidence linking it to health benefits. Eating low glycemic index foods means that you are working towards a more stable blood sugar level throughout the day. When you eat foods with a low glycemic index, you can expect to lose weight and improve your overall health. Adjust your diet to improve health and increase energy. *The Glycemic Index Diet For Dummies, 2nd Edition*. By Meri Raffetto. Whereas calculating the glycemic index requires human clinical trials, the glycemic load is a practical way to estimate the impact of carbohydrates on blood sugar. *The Glycemic Index Diet For Dummies* [Meri Raffetto] on Amazon. *FREE* shipping on qualifying offers. Get proven results from this safe, effective, and easy-to-follow diet. By Meri Raffetto. The glycemic load, which is based on the idea that a high-glycemic food eaten in small quantities produces a blood sugar response that is similar to a low-glycemic food eaten in larger quantities. By Meri Raffetto. When you're on a glycemic index diet, you can forget the traditional food lists and stringent calorie requirements. The low-glycemic way of eating is the key to long-term weight loss and health. *The Glycemic Index Diet for Dummies* has 70 ratings and 3 reviews. Kristine said: got this because D & I are moving from our all vegetable/lean meat/oats diet to a more balanced diet. *Glycemic Index Cookbook For Dummies* [Rosanne Rust, Meri Raffetto] on Amazon. *FREE* shipping on qualifying offers. Keep a low GI diet with delicious recipes. The glycemic index indicates how rapidly a carbohydrate is digested and released as glucose (sugar) into the bloodstream. Using the Glycemic Index is a proven method for calculating the way carbohydrates act in your body to help you lose weight, safely, quickly, and effectively. The glycemic index is a tool you can use as part of your overall weight-control and healthy-eating strategies. What does every traditional weight-loss diet have in common? *Glycemic Index Diet For Dummies, 2nd Edition*. By Meri Raffetto. The glycemic index is a scientific way of looking at how the carbohydrates in foods affect blood sugar. The glycemic index indicates how rapidly a carbohydrate is digested and released as glucose (sugar) into the bloodstream. Using the

Glycemic Index is a proven method for calculating the way carbohydrates act in your body to help you lose weight, safely, quickly, and effectively.