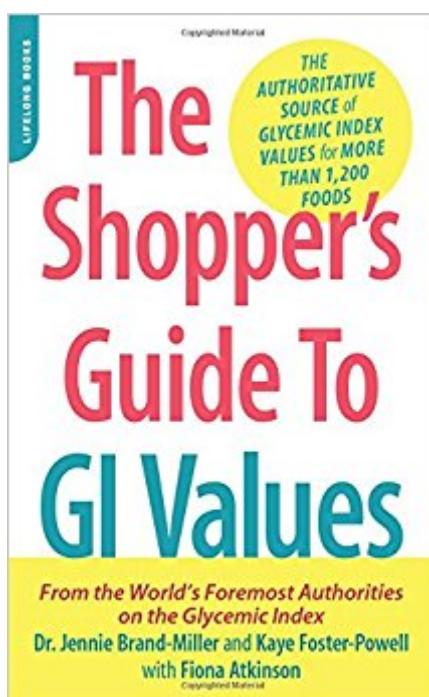


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# The Shopper's Guide To GI Values: The Authoritative Source Of Glycemic Index Values For More Than 1,200 Foods (The New Glucose Revolution Series)



## Synopsis

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 GIValues 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.

## Book Information

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## Customer Reviews

Jennie Brand-Miller, Ph.D., one of the world's leading authorities on carbohydrates and the glycemic index, has championed the GI approach to nutrition for more than twenty-five years. Professor of nutrition at the University of Sydney and the president of the Nutrition Society of Australia, Dr. Brand-Miller was recently awarded Australia's prestigious ATSE Clunies Ross Award for her commitment to advancing science and technology. She is one of the world's most in-demand speakers on the GI, and her laboratory at the University of Sydney is the world's foremost GI-testing

center. Professor Brand-Miller is coauthor of the books in the internationally bestselling "New Glucose Revolution" series, which has more than 3.5 million copies in print worldwide. Kaye Foster-Powell, M. Nutr. & Diet., an accredited dietitian-nutritionist with extensive experience in diabetes management, is the coauthor, with Dr. Brand-Miller and Fiona Atknison, of the author of the authoritative tables of GI and glycemic load values published in "Diabetes Care." Foster-Powell is also coauthor with Brand-Miller of the more than fifteen books in the internationally bestselling "New Glucose Revolution" series.. Fiona Atkinson is a research dietician and the manager of the University of Sydney's Glycemic Index research Service (SUGiRS). Along with Jennie Brand-Miller and Kaye Foster-Powell, she is the author of the authoritative tables of GI and glycemic load values published in "Diabetes Care." She is pursuing a Ph.D. at the University of Sydney focusing on the glycemic index. [www.glycemicindex.com](http://www.glycemicindex.com)[www.ginews.blogspot.com](http://www.ginews.blogspot.com)

The only thing I would change about this book is for them to have an index of foods at the back so you can know where to find them. Sometimes I don't know exactly which category a certain food is found in. And so I have to search for it. Like tofu, for instance. Never did find it. Haha. But the book is fantastic to take with you to the grocery store. So many items, with specific brand names. And lists of "good" foods and foods to avoid. I haven't had a chance to read it entirely yet, but it is quite helpful in meal planning and grocery shopping.

I got this specifically for my Kindle and while the general text is fine and my problem is that the charts listing the glycemic load are way too small to read on a Kindle. I tried enlarging the type, changing margins, etc. The regular type changed but nothing in the charts changed size. I would need a magnifying glass to read the charts on my Kindle and that's just unrealistic.

Sorry. Found it just mediocre. I was hoping for something lo-tech for my husband who doesn't like Smart phones.

Long winded, poor source of reference. Disappointed, I do not use it.

Excellent Product!

I wanted a GI value book to balance the glycemic values of foods in my different recipes and meal plans. This book lists not only the GI rating, but the caloric, fat, carb, fiber, and sodium levels. The

generic food listed gives me the guidance I'm looking for. Unfortunately, some of the foods were tested only for particular brands and I'm not sure how different in GI, calories, etc. a different brand would be. There are tips and hints and lists of food products to get you started on a low-GI lifestyle. All the info here is good and accurate. It lost a star only because of the number of times I looked up a food type (like bread) and only the branded food was listed.

The main reason I bought this book was for the charts - which are completely unreadable on the Kindle Fire. If you are considering it - DO NOT BOTHER.

This is a great guide that is easy to understand with both understanding what the GI is, how to have a balanced diet, how the GI works, and tons of variety of GI values! It even has the proper serving sides and different nutrition values for all the food it mentions I love it!

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