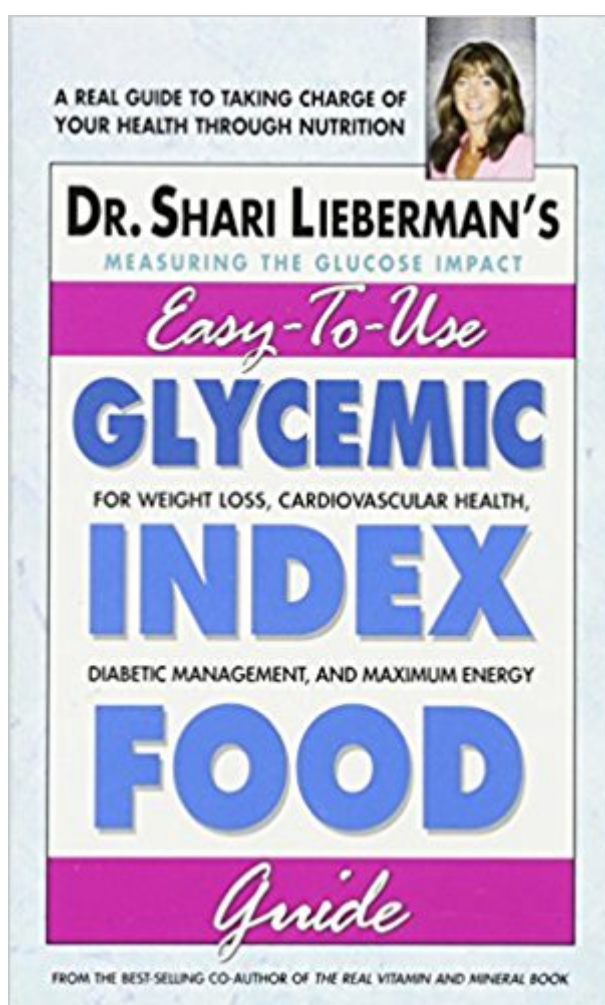


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Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, And Maximum Energy



Synopsis

The glycemic index (GI) is an important nutritional tool. By indicating how quickly a given food triggers a rise in blood sugar, the GI enables you to choose foods that can help you manage a variety of conditions and improve your overall health. Written by leading nutritionist Dr. Shari Lieberman, this book was designed as an easy-to-use guide to the glycemic index. The book first answers commonly asked questions, ensuring that you understand the GI and know how to use it. It then provides the glycemic index and glycemic load of hundreds of foods and beverages, including raw foods, cooked foods, and many combination and prepared foods. Whether you are interested in controlling your glucose levels to manage your diabetes, lose weight, increase your heart health, or simply enhance your well-being, the Glycemic Index Food Guide is the best place to start.

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Customer Reviews

Shari Lieberman, PhD, CNS, FACN, earned her doctorate in Clinical Nutrition and Exercise Physiology from The Union Institute in Cincinnati, Ohio, and her master's degree in Nutrition, Food Science and Dietetics from New York University. A Certified Nutrition Specialist, Dr. Lieberman is the best-selling author of Mineral Miracle and The Real Vitamin and Mineral Book

Originally designed as a guide for people with diabetes, the glycemic index is an important new nutritional tool that now has wide-ranging uses. By indicating how quickly a given food triggers a rise in blood sugar, it enables everyone—from diabetics, to individuals who want to lose weight,

to people who simply want to remain healthy. It is not to choose the foods that can help them meet their dietary and health goals. This book is an easy-to-use guide to the glycemic index, or GI. Whether you have been relying on the GI for years or have just heard about this wonderful tool, you are sure to find it invaluable as you learn about the GI and use it to make smart food choices. The book begins by answering a number of frequently asked questions about the glycemic index. Here you will get a crash course in carbohydrates, which is what the GI is all about; learn about the glycemic index itself; and discover the importance of the GI in preventing and managing a host of disorders, from diabetes to cancer to fatigue. If you have ever wondered why people with diabetes are urged to avoid certain foods, or simply why some foods so often lead to feelings of lethargy, you are sure to enjoy this easy-to-read Q and A. This section also addresses some issues that often confuse people when they first glance at the glycemic index of different foods. Why are certain foods, like meat and fish, not ranked on the glycemic index? Does eating more of a food cause its GI number to increase? What is glycemic load, or GL? Since carrots have a high GI, does that mean that they are an unhealthy food? Perhaps most important, the Q and A tells you how to use the glycemic index to create a diet that not only is healthy but also includes the foods you love. The fact is that you don't have to give up your favorite foods not even if they rank high on the index. You just have to learn to integrate them wisely in your diet by balancing high-GI choices with low-GI foods. After the Q and A section, you will find the heart of the book: The Glycemic Index Food Guide. This table presents an alphabetical listing of hundreds of common foods and beverages, including many combination and prepared foods, along with their glycemic index ranking and their glycemic load. If you have already used other GI lists, you will immediately see that this one is different. First, while many lists express portion size in grams, this one has converted grams to familiar ounce measurements. Second, while other lists force you to search endlessly for a particular food, this one places each food not only under its name, but also under logical categories. Say you are looking for udon noodles, for instance. Whether you search for it under "Udon," "Asian Foods," or just plain "Pasta," you will quickly find its GI. In fact, several ethnic categories have been created to make it easy to dine at your favorite restaurant. You will also see that instead of confusing GI numbers, this guide clearly identifies the glycemic index of a food as being low, medium, or high, so that you immediately understand its effect on blood glucose levels. Meanwhile, intriguing questions and tips have been sprinkled throughout the guide, leading you to informative discussions and highlighting good food choices. Because there is so much to learn about the glycemic index, and because more

information is always becoming available, the book ends with a list of helpful websites. These sites provide more detailed information about topics of interest, and in many cases offer continuously updated databases of foods. Check them out, and you're sure to learn even more about this fascinating subject, as well as glean practical tips and suggestions for meeting your dietary goals. Whether you are interested in controlling your glucose levels to manage a specific health problem, you're trying to boost your energy levels, you wish to achieve a healthier weight, or you simply want to enhance your overall well-being, this guide was designed to help you every step of the way. Turn the page, and learn how the glycemic index can change your life.

I've bought literally thousands of books in my lifetime and this is really about as worthless as any I've ever seen. The index is almost non-existent, just try finding anything... like an onion! I gave up in disgust after a half hour of looking. Beware spending money on this book. I'm tossing it in the recycle bin as soon as I finish writing this.

There are two major problems with this book, which for my purposes renders it useless, so I need to buy another book. First the organization of the various food and drink items are cumbersome. I guess, after some search and a fair amount of familiarization one could get over that problem, eventually. However the second problem is severe and that you can not get used to. You do not get an actual value for the Glycemic Index, rather the category is shaded in for "Low-GI" "Med-GI" and "High-GI". Low is 0 - 55, which is a rather wide range. Add 15 points and now you are in the "High-GI" category. So, the difference between a Low GI and a High GI, could be only 15 points (55 vs. 70) or as much as 99 (1 vs. 100, as in the case of Stevia and Sucrose); I would never know if Dr. Shari Lieberman's book was my source of information.

Glycemic Index of foods not expressed numerically. Food are listed as low, medium or high. The Glycemic Load is expressed numerically. I know the author has the knowledge to do a better job. If you are a person who likes to know the glycemic number, look elsewhere. Really disappointed and this book will be donated to the public library.

For those of us looking to deal with our type II Diabetes, it is hard to find information that is straight forward and easy to use. This little book is a fantastic tool for monitoring what really needs to be watched, a foods Glycemic Load. There are only 30 pages of text and the rest is a easy to use index. By far the best \$4.00 investment I have made in keeping my blood sugar level where it needs

to be. I encourage anyone dealing with diabetes to invest in this little book. You will be surprised at what you will learn about the foods you thought were safe, and the one you thought were bad. One note. This book is not aimed at losing weight, just monitoring GL.

This was pretty much a waste of money. There are many items in this very slim volume that are cross-referenced multiple times. If all of those cross references were removed this would probably be only a dozen or so pages of unique material. And of course with the advent of the internet, there is actually no need for a book like this anymore.

I have other books and I used to use this information very successfully to stay healthy and energized and wanted to help myself get on board with the information again. I thought this would help me apply the information to myself easily but the book is hard to actually use =hard to open to read each page. You need to be much more adept with your fingers than I am to use it. The narrow width of each page makes each page difficult to actually read. And the cover which is made of stronger paper/cardboard makes it hard to open each page to read. The cover was chosen I gather to be strong. But it is too strong and makes reading any page very difficult.

no comment

I have been making an effort to incorporate the glycemic index into my diabetic diet. This book is small, easy to carry and useful for some foods. It has the easiest to understand (although very short) explanations of the terms new to my vocabulary. Its size is wonderful to carry with me since my walk is unsteady and I can't carry much. I found it simple to use! If you don't find what you want in the listing try the index. It's certainly easier to use and carry than any other I have. I would like an updated version. A lot has happened in nutritional studies in the last five years. I am not looking for larger (I have those) just what's new.

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