



The Glucose Revolution Pocket Guide to the Top 100 Low Glycemic Foods

Jennie Brand-Miller, Kaye Foster-Powell, Thomas Wolever

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The slow digestion and gradual change in blood sugar levels after eating food with a low glycemic index has health benefits for many people. The glycemic index of hundreds of different foods, which have been tested following a standardized method, is now known. This book makes it easy to enjoy slowly digested carbohydrates every day for better blood sugar control, weight loss, a healthy heart, and peak athletic performance.



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