



What's the GI?: Lose Weight, Increase Energy, Improve Health Using the Glycemic Index

By Catherine Proctor

Jane Curry Publishing. Paperback. Book Condition: new. BRAND NEW, What's the GI?: Lose Weight, Increase Energy, Improve Health Using the Glycemic Index, Catherine Proctor, The glycemic index (GI) - the latest buzz in health - measures how quickly carbohydrates affect our blood sugar levels. Foods that have a low GI are digested more slowly by our bodies, keeping our blood sugar levels more stable, which is good news for weight loss and health and energy levels. What's the GI? is a handy pocket counter which includes GI ratings of over 500 foods, including restaurant meals, in three easy reference tables. It's the take-anywhere guide - use it at supermarkets, restaurants, and at home.

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