

## **The Low GL Diet Made Easy: The Perfect Way To Lose Weight, Gain Energy And Improve Your Health**

**More than two million North Americans have celiac disease and must follow a gluten-free diet-but the absence of grains and the higher fat and sugar content of many gluten-free products can cause health problems and nutrient deficiencies. Now, The New Glucose Revolution Low GI Gluten-Free Eating Made Easy simplifies the challenges of a gluten-free diet-and emphasizes the lifelong health benefits of low-GI, gluten-free eating. Widely recognized as the most significant dietary finding of the last 25 years, the glycemic index (GI) is an easy-to-understand measure of how foods affect blood glucose levels. Low-GI diets improve health and weight control, lower "bad" cholesterol, and help prevent or reduce your risk of type 2 diabetes, heart disease, cancer, and other chronic diseases. This clear, accessible guide has everything you need to know for healthful gluten-free eating, including Seven simple dietary guidelines for eating gluten-free and low GI A guide to finding and buying gluten-free products Low-GI substitutes for common high-GI (albeit gluten-free) foods Cutting-edge scientific findings on the benefits of eating low-GI foods 70 delicious, easy-to-prepare recipes include dishes for each meal of the day GI values of hundreds of popular gluten-free foods The New Glucose Revolution Low GI Gluten-Free Eating Made Easy is the definitive resource to healthy living for everyone with celiac disease, gluten intolerance, or other wheat sensitivities.**

**The ultimate guide to the nutritional content, including GI (Glycaemic Index) and GL (Glycaemic Load) ratings, of over 1,900 favourite foods and drinks - essential information for anyone who follows a low-GI diet or has special dietary needs, such as diabetes. At-a-glance tables also show fat, calories, protein, fibre and carbohydrate content.**

**Includes a sneak peek of Undoctored—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In Wheat Belly, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, Wheat Belly is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.**

**If you're sick of no-carb diets, or just looking for a healthy eating plan, then the GL Diet is for you. No more calculations, no calorie-counting and no more cravings for carbs - as long as you stick to foods that are low in GL, you can stay healthy and lose weight without having to go without. The GL Diet For Dummies explains the science behind the plan, helps you to incorporate GL into your everyday life and gives readers 80 recipes to try.**

**The New Glucose Revolution for Diabetes is the first comprehensive guide to using the glycemic index to control type 1 diabetes, type 2 diabetes, prediabetes, and more. The book features the latest, most accurate information with new findings by the authors. It includes GI-based recipes and menus for type 1, type 2, prediabetes, gestational diabetes, and juvenile diabetes, as well as related conditions like obesity and celiac disease, plus practical dietary guidance on sugar, sweeteners, alcohol, snacking, and eating out.**

**The Glycemic Index Diet For Dummies**

**Food Glorious Food**

**100 Delicious Low GI Recipes to Help You Lose Weight and Keep it Off**

**A Pocket Guide to GL and GI Values for Over 800 Foods**

**The New Sugar Busters!**

**Low Glycemic Happiness**

**The Low GI Diet**

This book will be of significant interest to researchers in nutrition, medicine and food science, and to health agencies and the food industry."--Jacket.

Here is boldly flavored, nutritious food at the leading edge of the dietary curve. Inspired by her long-standing interest in highly nutritious, waistline-friendly eating, caterer and cookbook author Fiona Carns developed the high-protein, low-GI eating regimen showcased here. High-quality, high-protein ingredients (including lean meats and fish) fill you up without the fat—while low-GI fruits, vegetables, and grains keep you going without blood glucose spikes. Here are dozens of one-recipe meals for breakfast, lunch, and dinner that use minimally processed ingredients (but which are easy enough for everyday cooking)—plus 18 complementary sides and a half-dozen lowfat, low-GI desserts—food that is perfectly suited to our times.

Low Glycemic Load Eating for Blood Sugar Control Low Glycemic Happiness is full of groundbreaking low carbohydrate, low glycemic load recipes for people who have diabetes, or worry about diabetes. LGH contains 120 low carb, low glycemic load recipes suitable for blood sugar control. These recipes -- 30 breakfasts, 30 lunches, 30 dinner entrées, 30 sides, plus a bonus of 30 additional snacks -- are easy-to-prepare, healthy, and low in carbohydrate content and glycemic impact. You will be able to create delicious low glycemic meals in minutes. "Low glycemic" is a term that describes a carb-based food which does not rapidly raise blood sugar levels when the proper amounts are eaten. That's where the

Glycemic Load comes in. It is a formula that makes it much easier to control your blood sugar levels because it tells you exactly how much carbohydrate is in a single serving. Controlling blood sugar levels is vital for anyone living with diabetes and for those who are pre-diabetic. Indeed, top authorities say that if you are prediabetic you may be able to prevent the "tipping point" into full onset diabetes by monitoring the glycemic load of the foods you eat. If you already have diabetes, the authorities continue, you can better control your blood sugar levels by careful selection of low glycemic load foods. This is not just another low carbohydrate diet or a "take-our-word-for-it" low glycemic diabetic cooking book. These are genuine low glycemic, low carb recipes, yet they are more: They are low Glycemic Index recipes as proven by both their low GI rankings and their Low Glycemic Load scores shown for each and every recipe. When did you ever see a similar book do that? Author Breecher, who has had type 2 diabetes since 1995, created this book with co-author Judy Lickus, because he couldn't find a low glycemic book that explained how they knew that what they were recommending was really low glycemic. Too many supposedly low GI books don't even mention the Low Glycemic Load factor. Many of the recipes provided had too much carbohydrate and shot Dr. Breecher's blood sugar levels too high. You can be assured the recipes in Low Glycemic Happiness work because the authors provide the GI rankings and GL scores of each. Low GI/GL eating has been proven to reduce your risks of developing diabetes, heart attacks, and strokes. Every recipe in this cookbook, even the snacks, are low carbohydrate because they contain only 30 or fewer carb grams and they are low glycemic, all with Glycemic Load scores of ten or lower. (Ten is the upper limit for a single serving of a carb-based food to be low glycemic). With 314 million people considered prediabetic worldwide and 247 million living with full-onset diabetes, the need for low glycemic load eating has never been greater. Low Glycemic Happiness recipes can help you improve blood sugar control while reducing insulin resistance in those who are already diabetic or prediabetic. The Glycemic Load has been proven to be the "single best predictor" of the human body's glycemic (blood sugar) response to carbohydrate foods, agreed leading international medical and nutrition experts who gathered at a precedent-establishing Consensus Conference on this subject in 2013. Study after published medical study confirm that eating true low Glycemic Index and low Glycemic Load meals reduces the risk of diabetes and coronary heart disease, and can even help people lose excess weight thus making Low Glycemic Happiness recipes useful to anyone looking for authentic low GL meals. Using the low glycemic load recipes in this book, you can create a true low glycemic lifestyle -- diabetic cooking at its best. The health benefits are real. The food is delicious. Enjoy Low Glycemic Happiness today!

The LOW GI DIET is the healthy, responsible and delicious way to lose weight for good. The diet is centred on a 12-week Action Plan which gives you all the information you need to start losing body fat - not water, not muscle, but body fat. The

authors of the LOW GI DIET are behind the New Glucose Revolution series which was the original bestselling series on the glycemic index (GI). The series now has over two million copies in print and is sold in 14 countries around the world. The LOW GI DIET shows you how to make carbs work for you with the glycemic index. Easy to follow and full of tips on preventing weight regain, the Low GI Diet is a complete lifestyle program from the original GI experts.

Food Glorious Food is for everyone who loves fresh, inspiring and delicious food - but also wants to stick to a healthy diet. Contrary to popular belief, the two are compatible - you can have your cake and eat it! And this book proves it with a range of mouthwatering recipes to delight even the fussiest of eaters.

The Low-GL Diet Counter

The Definitive Guide to Managing Diabetes and Prediabetes Using the Glycemic Index

Recipes to Boost Health and Promote Weight Loss

Wheat Belly

The New Glucose Revolution Pocket Guide to Diabetes

A Quick Guide to the Low-GL Diet

GI & GL Counter

*Explains what a glycemic index diet entails and provides over one hundred recipes, including blueberry muffins, baked potato skins, roast turkey, and rice pudding.*

*Are you tired of following fad diets which only does nothing but restrict your food intake? Are you on the look for an effective diet plan that can serve you for a lifetime? If yes, then a Low Glycemic Diet might hold the key for your long-awaited glow-up! In this book, you will discover: How a no-diet diet can actually make you lose weight Why a "sweet" dieting success doesn't always involve sugar How to keep yourself full without drowning yourself in carbs Keeping a healthy weight without beating yourself (and your taste buds) up One trick that can make you forget that you're even dieting, and still get great results (hint: it's not supplement) This guide is not about restricting yourself from eating the food that you love. It is not about losing weight drastically. This is not like other diet plans where you have to bust your pockets just to follow the strict regimen. This book will teach you to choose and eat the right kind of food groups to lose weight. This is about getting a balanced diet that results in a healthy body by keeping your blood sugar level down. From this book, you'll learn how to manage your weight by following the Low Glycemic Diet Plan. This is not a fad diet, like the most popular diet menu plans. This actually facilitates a change in your eating habit that you can eventually incorporate into your lifestyle. In this book, I will introduce to you the concept of Low Glycemic Diet and share with you a sample meal plan and recipe that you can use as a starter. I will walk with you as you start a new habit that will change your perception about*

*eating and dieting. Table of contents Introduction Chapter 1 Carbohydrates and the Glycemic Index Chapter 2 Week 1: Getting Started Chapter 3 Week 2: Creating Your Meal Plan Chapter 4 Week 3: Evaluation and Adjustments Chapter 5 The Last Step: Make it a Habit Conclusion*

*Patrick Holford's revolutionary diet, based on balancing your blood sugar, is the most safe and effective way to lose weight. In this easy-to-read full-colour book, he highlights the basics of his approach. THE LOW-GL DIET MADE EASY explains the revolutionary Glycemic Load (GL) system and tells you which foods are low-GL 'heroes' and which foods you should avoid, how to get started, portion size and how to add up your GL count. There is also a comprehensive three-week action plan - including shopping lists, day-by-day menus and delicious mouth-watering recipes. THE LOW-GL DIET MADE EASY is essential reading if you want to lose weight safely and effortlessly, improve your health and increase your energy levels.*

*A guide to making informed everyday low-GI food choices explains how readers can increase energy, feel fuller longer, and achieve sustainable weight loss; in a volume that lists the top 100 low-GI foods in easy-to-follow sections that are complemented by cooking and shopping tips. By the co-authors of the best-selling The New Glucose Revolution. Original. 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.*

*Delicious and Easy Dishes Made Healthy with the Glycemic Index*

*The New Glucose Revolution for Diabetes*

*Lorraine Kelly's Nutrition Made Easy*

*Lose Fat Fast Using the Revolutionary Fatburner Sy*

*The GL Diet For Dummies*

*The Low GI Slow Cooker*

*Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy*

The Glycemic Matrix is a new paradigm which combines the glycemic index with the glycemic load in a gram of food. This maximizes hunger satisfaction while minimizing glycemic impact!

First published in 2005 in B format as The Holford Low-GL Diet, this book quickly established itself as one of Patrick Holford's core nutrition titles. Patrick is at the forefront of research into fast, safe and lasting weight loss, pinpointing that the secret of successful weight loss is to balance your blood sugar. By eating foods with a low glycemic load (GL), you can balance your blood sugar and not only lose weight quickly but keep it off, feel full of energy and enjoy greatly improved health. In the four years since first publication, thousands of people have followed Patrick's low-GL system with great success, and numerous scientific trials have validated the initial research. As well as encouraging weight loss, it has been proven that a low-GL diet can slow down the ageing process, improve mood and memory, lower cholesterol without drugs, prevent and reverse diabetes and heart disease, and cut cancer risk. This expanded and updated edition - THE LOW-GL DIET BIBLE - is packed with new information on why low GL beats low-fat, low-calorie and high-protein diets every time, and why it is number one for weight loss and good health.

The Glycemic Index (GI) has shattered the myths about dieting, forever. Find out about this essential new approach to lifelong health, that offers real solutions to weight loss, heart disease, cholesterol and diabetes.

Discover how to use the Glycemic Index to manage diabetes, control blood sugar, and monitor glucose intake from food to take control of your health. Based on the proven science of the Glycemic Index (GI) but made even easier to use, Glycemic Load (GL) dieting is the best way to follow a healthy lifestyle. GL values give a more accurate measure of the way different foods affect your body by adjusting the GI score for portion size. Inside you'll find: GI, GL, calories, carbs, and fat for over 800 popular foods User-friendly design and straightforward A-Z lists Serving sizes for foods already converted into GL score Advice on your body's glycemic response to different foods—from meats and vegetables to breads and fruits

The Low-GL Diet Cookbook is perfect for everyone who wants to lose weight quickly yet still enjoy great-tasting food. It features a range of recipes that do not raise your blood sugar quickly and hence have a low glycemic load, or GL. Based on the latest research, top nutritionist Patrick Holford explains that by having no more than 40 GLs a day and eating protein with carbohydrate, you can not only lose weight quickly and permanently but also improve your health and feel truly energised. The book is packed with delicious tried-and-tested recipes that are both easy to follow and simple to prepare. The GL of each recipe is clearly calculated for you, so it's easy to stick to your daily limit, and with menu plans and recipes for both weight-loss and maintenance, The Low-GL Diet Cookbook will enable you to beat cravings and lose weight permanently.

The Holford Low-GL Diet Made Easy

More Than 100 Low Glycemic-Index Recipes for Healthy Weight Loss

The Glycemic Load Counter

The perfect way to lose weight, gain energy and improve your health

High Protein, Low GI, Bold Flavor

The alternate-day low-GL diet plan

A Physiological Classification of Dietary Carbohydrate

The Low-GL Diet Made Easy Piatkus Books

Discover low-GI versions of all the foods you thought you had to give up, and new foods just waiting to be discovered. You can cut the sugar without cutting flavor or variety!

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

Ahead of its time, the hardback of this book (titled Fast, Fresh and Fabulous) was much more than a collection of recipes from Britain's most respected vegetarian author. It offered inspiring, mouth-watering dishes that also had a low GI rating. Now available in an updated paperback format, Rose shares the secrets of healthy vegetarian and low-GI living. She gives essential information on living as a healthy vegetarian or vegan, whether you want to lose weight, feed your baby or start eating well to look younger and live longer. Inspired in particular by Mediterranean and Far Eastern cuisine, she combines an abundance of organic vegetables with fresh herbs, exotic spices, beans and grains to produce simple, delicious, energizing dishes. Rose also gives ideas for menu-planning, whether it's for fast, afterwork meals, or celebratory dinner parties. Beautifully illustrated with over 50 stunning recipe shots, this cookbook will inspire and delight vegetarians, non-vegetarians, and those wanting to follow a low-GI diet.

A revised, updated edition of the best-selling guide to controlling diabetes continues to help sufferers of this disease

manage their lives with low glycemic foods. Original.  
Glycemic Matrix Guide to Low GI and GL Eating  
Low-GI Vegetarian Cookbook  
Lose the Wheat, Lose the Weight, and Find Your Path Back to Health  
The South Beach Diet Cookbook  
Incredibly Delicious Low-GL Recipes  
Burn Fat Fast

***WIN THE FIGHT AGAINST FAT-THE SUGAR BUSTERS!® WAY*** When ***SUGAR BUSTERS!*** hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon. The millions of people across the country on the ***SUGAR BUSTERS!*** plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated-incorporating all the newest nutritional findings, health statistics, and scientific studies, and featuring all-new, easy-to-follow recipes and meal plans. Among the wealth of new material in this edition, you'll find amazing testimonials from men and women who are losing weight and feeling fit the ***SUGAR BUSTERS!*** way; frequently asked questions and helpful answers; the latest on diabetes-and how ***SUGAR BUSTERS!*** can help prevent it; essential facts on women, weight loss, and nutrition; and new tips, updated charts, and practical exercise suggestions. So arm yourself with the facts and get the figure you've always wanted. When it comes to optimal wellness on the ***SUGAR BUSTERS!*** program, it's survival of the fittest-a way of life in which everybody wins!

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

Dieting is so much easier thanks to Nigel Denby's fantastically simple GL diet. There's no calorie or point counting, no hunger, no guilt and no faddy food rules. Even better, you can drop a size in 10 days - and keep it off. All you need to do is stick to a few simple eating guidelines and enjoy his delicious recipes and flexible meal plans.

Learn more about how health nutrition experts can help you make the correct food choices for a healthy lifestyle The eighth edition of the Dietary Guidelines is designed for professionals to help all individuals, ages 2 years-old and above, and their families to consume a healthy, nutritionally adequate diet. The 2015-2020 edition provides five overarching Guidelines that encourage: healthy eating patterns recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern acknowledge that all segments of our society have a role to play in supporting healthy choices provides a healthy framework in which individuals can enjoy foods that meet their personal, cultural and traditional preferences within their food budget This guidance can help you choose a healthy diet and focus on preventing the diet-related chronic diseases that continue to impact American populations. It is also intended to help you to improve and maintain overall health for disease prevention. **\*\*NOTE: This printed edition contains a minor typographical error within the Appendix. The Errata Sheet describing the errors can be found by clicking here. This same errata sheet can be used for the digital formats of this product available for free. Health professionals, including**

**physicians, nutritionists, dietary counselors, nurses, hospitality meal planners, health policymakers, and beneficiaries of the USDA National School Lunch and School Breakfast program and their administrators may find these guidelines most useful. American consumers can also use this information to help make healthy food choices for themselves and their families.**

**What are antioxidants, why do I need them and how do I get them? Diet or exercise - which is more effective for losing weight? How can I persuade my fussy children to eat vegetables? What can I eat to help me sleep better? Can certain foods really help my chances of avoiding cancer? Lorraine Kelly teams up with leading nutritionist Anita Bean to uncover the facts about food, nutrition and health. Written in a practical Q&A style, *Nutrition Made Easy* answers over one hundred questions, covering everything from the absolute basics of what we should be eating, to what to feed our children and the latest research into food and disease prevention. Topical, easy to dip into and written for people who want straight answers to their questions, this major new health title explodes the myths, cuts through the dieting industry jargon and gets straight to the facts about what we eat.**

***La nueva dieta glucemica/ The Holford Low-GL Diet Made Easy***

***A powerful new program for losing weight and reversing insulin resistance***

***The Carnivore Diet***

***The Revised G. I. Diet***

***Lose Weight with Smart Carbs***

***Cut Sugar to Trim Fat***

***The Low-GL Diet Made Easy***

*Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.*

*The world's leading authorities on the glycemic index offer even more delicious diet solutions in this companion cookbook volume to the New York Times bestselling *The New Glucose Revolution* series. Low GI eating is widely acknowledged by health experts as a healthier, better balanced, and more flexible alternative to every other diet regimen. Now, based on their groundbreaking research discoveries on the benefits of eating low glycemic foods, Dr. Jennie Brand-Miller and Kaye Foster Powell, along with Joanna McMillan-Price, present a complete low-GI cookbook on vegetarian and vegan meals. Featuring 100 simple, satisfying recipes, *The New Glucose Revolution Low GI Vegetarian Cookbook* makes it easy for vegetarians and vegans to switch to a low-GI lifestyle — and for low-GI fans to adopt a vegetarian diet. The book includes essential information on the basics of vegetarian and vegan cooking, food shopping the low-GI way, preparing kids meals, and menu ideas for a busy lifestyle. With beautiful color photos throughout, *The New Glucose Low GI Vegetarian Cookbook* offers vegetarians and vegans the key to achieving weight loss goals and lifelong vitality.*

*Features slow-cooker recipes for dishes low on the Glycemic index, including creamy peach and almond quinoa, herbed pork chops, and fresh apple compote.*

*A cardiologist's revolutionary weight-loss plan that allows dieters to enjoy good carbs while still losing weight The glycemic index has been the basis of many popular diets. But it doesn't take into account the serving sizes people actually eat and eliminates too many foods for dieters to stick with it. Now Dr. Robert Thompson's breakthrough program uses the glycemic load--the glycemic index adjusted for serving size--to take the GI a step forward. The glycemic load is a more accurate and effective tool in controlling weight and insulin resistance, allowing dieters to eat more foods while still burning fat, cutting cravings, and speeding up their metabolism. Safe, simple, and scientifically proven, it's the smartest weight-loss plan yet.*

*Patrick Holford's low-GL diet is a simple and effective way to seriously improve your health. Since the first edition of the diet was published in 2004 numerous people have tried it and can testify to its effectiveness for weight loss - not only that but it improves long-term health and vitality. This book summarises the main principles of the diet and provides everything you need to get started. So what is a low-GL diet? Essentially it is a way of keeping your blood sugar steady so that you avoid the rollercoaster effect caused by a high intake of sugar and refined carbohydrates. Why is this important? Because fluctuating blood sugar causes the body to store excess energy as fat and, as well as piling on the pounds, in the long term*

*leads to a whole host of related problems, from a lack of energy to an increased risk of diabetes and heart disease. Clear and easy to follow, A Quick Guide to the Low-GL Diet is perfect for anyone who wants to transform their weight - and their health - with a diet that's sensible and truly effective. NOTE: the information in this book is taken from The Low-GL Diet Bible, by Patrick Holford.*

*A Beginner's Step by Step Guide To Manage Weight Loss, Includes Recipes and a Meal Plan*

*The Glycaemic Index*

*The Low-GL Diet Cookbook*

*The Essential Guide to the Glycemic Index and Gluten-Free Living*

*120 Custom-Crafted Low Glycemic Load Recipes for Health and Happiness*

*The GL Diet Made Easy: How to Eat, Cheat and Still Lose Weight*

*The G.I. Diet Cookbook*

*This is the perfect companion to Patrick Holford's bestselling LOW-GL DIET BIBLE. In THE LOW-GL DIET BIBLE, Patrick Holford revealed his brilliant weightloss diet. He explained how the simple principle of eating no more than 40 GLs a day can help you to lose weight, control your blood sugar and stop cravings. To maintain your weight, he recommends a total daily intake of no more than 60 GLs per day. The LOW-GL DIET COUNTER is the perfect tool to help you achieve whichever of these goals is appropriate to you. It contains a comprehensive list of foods, complete with recommended serving sizes and GL count, protein and fat content. Its easy-to-follow format provides an instant guide to which foods are good, OK and bad according to medically approved low-GL principles. Foods are divided into sections covering breakfast, snacks, main meals and restaurant meals, and each section specifies your daily GL goal - e.g. a maximum daily intake of 5 GLs for snacks and 10 GL for main meals, as well as an extra 5 GLs for drinks and puddings. Burn Fat Fast is quite simply the easiest, healthiest and most effective way to lose weight. Alternate-day dieting, which involves taking in a very low amount of calories on alternate days, is all the rage - this diet takes it to a whole new level. In this book Patrick Holford outlines how, by combining elements of alternate-day fasting with a low glycemic-load (GL) diet, you can lose fat fast, without going hungry or compromising your health. For those new to the low-GL diet it is a way to keep you blood sugar even. Why do*

*this? Because if your blood sugar level resembles a rollercoaster ride you'll have a lot of insulin in your system - and insulin is the fat-storing hormone. In *Burn Fat Fast* you'll find: \* Simple, easy-to-follow guidelines on how the diet works \* An outline of what to eat and what to avoid on both phases of the diet \* Guidance on fitting the diet into your lifestyle \* A short, highly effective fat-burning exercise routine developed by former Gladiator and Olympic athlete Kate Staples And if you need any more encouragement, consider this: as well as encouraging the storage of fat, insulin promotes disease and ageing, so by combining a low-GL diet with alternate-day fasting you will not only lose fat fast but also improve your health and longevity.*

*The original G.I. Diet" "helped hundreds of thousands of people around the world to lose weight and keep it off. Now Canada's diet guru Rick Gallop has revised and updated the book to include: - Over 40 new recipes - New additions to the red-, yellow- and green-light food listings - The latest health updates - More readers' success stories Most diets fail for three reasons: 1) you feel hungry; 2) they're too complicated; or 3) they're unhealthy. With the G.I. Diet: - You won't feel hungry or deprived - You will never have to count calories, carbs or points again - It's healthy and will reduce your risk of heart disease and diabetes*

*Science has proven that low GI, slowly digested carbohydrates, are key to healthy and sustained weight loss. *THE LOW GI COOKBOOK* brings you over 70 tempting recipes based on these established principles. The book covers everything from sustaining breakfasts and brunches, substantial but healthy dinner dishes, to quick salads and sweet treats, and even includes recipes from celebrity chefs. Packed with beautiful photographs, handy tips, and with a complete breakdown of fat, protein and carb content, calorie values and GI values for every recipe, *THE LOW GI COOKBOOK* is your blueprint for healthy low GI eating for life.*

*Por el autor de bestseller internacional *La biblia de la nutrición óptima*". Cómo equilibrar y controlar el nivel de azúcar en la sangre.*

*500 Low Glycemic Index Recipes*

*The Low-GL Diet Bible*

*Low Carb Made Easy*

*The Low GI Diet Cookbook*

*Dietary Guidelines for Americans 2015-2020*

*The Beginner's Guide to Eating with the Glycemic Index-Featuring the Top 100 Low GI Foods*

*The Glycemic-Load Diet*

***Patrick Holford's revolutionary diet, based on balancing your blood sugar, is the most safe, effective way to lose weight. This full colour, clearly designed book highlights the basics of the bestselling diet. "The Holford Low-GL Diet Made Easy" explains: how GL is more accurate than GI, the principles of low-GL eating, how to get started, portion sizes, adding up your GL count and foods to avoid. There are also two weeks of day-by-day menus and mouth-watering recipes. "The Holford Low-GL Diet Made Easy" is essential reading if you are interested in losing weight safely, improving your health and increasing your energy levels.***

***The New Glucose Revolution Low GI Vegetarian Cookbook***

***More Than 200 Delicious Recipes That Fit the Nation's Top Diet***

***The New Glucose Revolution Low GI Eating Made Easy***

***The Holford Low GL Diet***

***Low GI Diet Book***

***The New Glucose Revolution Low GI Gluten-Free Eating Made Easy***

***80 Delicious Vegetarian and Vegan Recipes Made Easy with the Glycemic Index***