

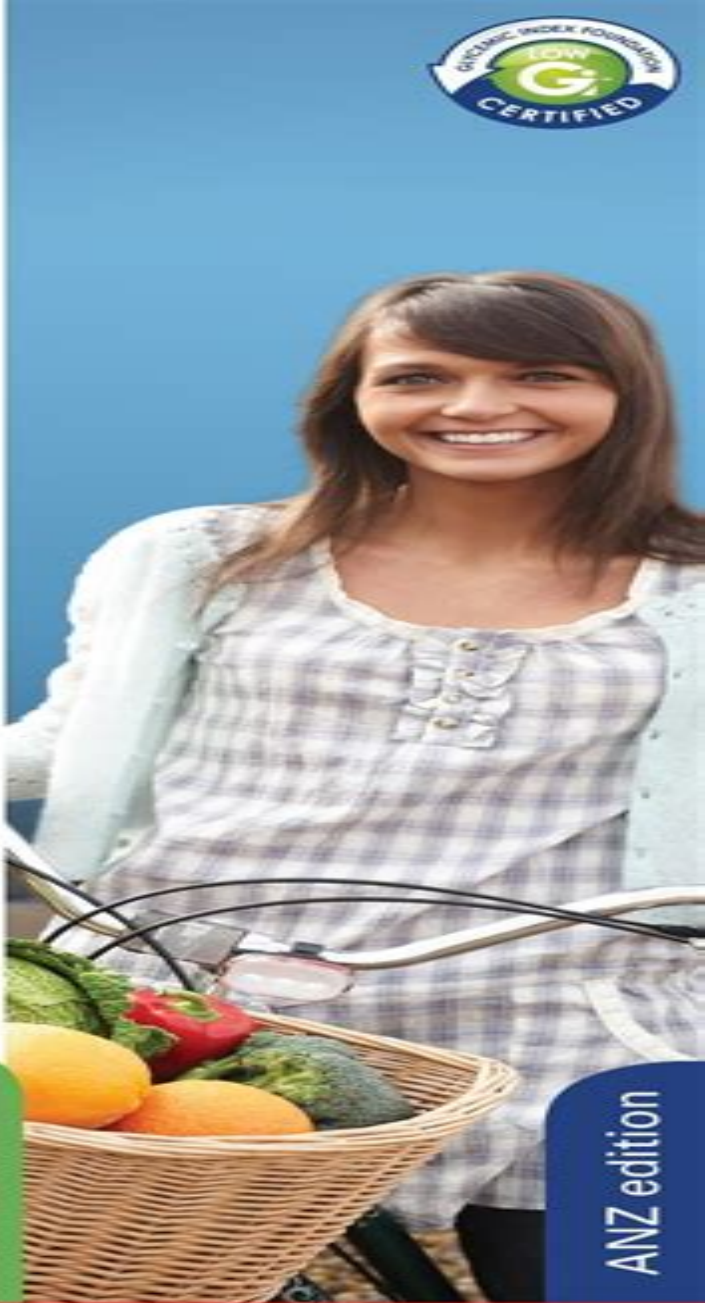


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ANZ edition

# Low Gi Diet Shoppers Guide

**Dr. Jennie Brand-Miller, Kaye Foster-Powell**

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Brand-Miller,Kaye Foster-Powell,2015-04-23 Whether you eat paleo or gluten free high carb moderate or low the Low GI Diet Shopper's Guide gives you the tools and tips you need to choose the best carbs Updated for 2015 this easy to use guide shows the GI values of your favourite foods and preferred brands and helps you identify healthier low GI carbohydrate alternatives so that you can start making a difference to your diet Included are GI values for over 1 000 foods and pre prepared meals including new products for 2015 User friendly tables arranged by food category Comprehensive data on carbs per serve and glycemic load A shopping list of low GI essentials Tips for meal planning Ideas for gluten free meals Advice about eating out and keeping low GI The facts about sugar and sweeteners The GI Symbol is your guarantee that the GI value stated near the nutrition information label is accurate helping you select smart low GI carbohydrate foods with confidence to lower the overall GI of your diet The GI Symbol Program is run by the Glycemic Index Foundation a not for profit organisation established by the University of Sydney JDRF and Diabetes Australia      **The New Glucose Revolution**

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Foster-Powell,2007-12-31 Whether you re looking to lose weight help manage conditions like diabetes or hypertension or simply eat for lifelong good health adopting a low GI diet is the scientifically proven way to reach your goal This 2008 guide updated with more than 500 new foods makes it easier than ever to select smart low GI choices for all your meals Featured are The GI value for over 1 000 popular foods and prepared meals twice as many as 2007 All new expanded nutrient data including serving size calories fat saturated fat carbohydrate fiber and sodium per serving of each food Advice on shopping and eating out to guide your daily food choices Essential advice for incorporating low GI foods into a gluten free diet **The Low GI Shopper's Guide to GI Values 2011** Jennie Brand-Miller,Kaye Foster-Powell,2011-05-10 Alongside growing scientific evidence supporting the remarkable health benefit of a low GI diet and the forthcoming publication of the revised Low GI Handbook previously published as The New Glucose Revolution more than 1 million copies sold in all editions a new audience is poised to discover the Shopper s Guide and its comprehensive lists of GI values the key to unlocking those benefits Shopper s Guide is the only annually updated book of GI values featuring up to date comprehensive nutritional data on nearly 1 500 foods with additional information for those following gluten free diets shopping lists and tips for meal planning and dining out The convenient at a glance tables make this the necessary guide for people following the glycemic index to manage conditions such as diabetes heart disease or PCOS to lose weight or to improve their overall well being

**The Low Gi Shopper's Guide to Gi Values** Dr. Jennie Brand-Miller, M.D.,Janette Brand Miller,Kaye Foster-Powell,2006-09-21 The GI tables the comprehensive lists of foods and their GI values are the key to unlocking the fantastic health benefits of low GI eating In this fully revised edition the tables are easier to use than ever before and include A Z listings for easy access Low to high GI values listings Helpful comments to inform your food choices As well as the GI values the tables also give the serving size and glycemic load all the information you need to choose the best foods for the healthiest diet Symbols indicate star performer foods those with a low GI and you the best overall nutritional value With tables organised in a variety of easy formats to suit all readers the latest research into GI and an at a glance GI food pyramid this is the only book you need to understand GI values at a glance and make the best possible food choices **The Low GI Shopper's Guide to GI Values 2008** Janette Brand Miller,Jennie Brand-Miller,Fiona Atkinson,Kaye Foster-Powell,2007 Fully updated to include the latest GI Values and G symbol program participants for 2008 The GI tables the comprehensive lists of foods and their GI values are the key to unlocking the fantastic health benefits of a low GI diet This fully revised edition includes all the very latest GI values in an easy to use format As well as the GI values the tables include comments to help you select the right foods for a well rounded healthy diet Symbols indicate those foods which are star performers possessing a low GI and providing you with the best overall nutritional value If you ve ever asked What is the GI value of then this is the book for you This handy pocket size guide also makes shopping easy with helpful hints for navigating the supermarket aisles and grocery lists to help you choose the right low GI foods There s also a guide to the best low GI foods

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
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