

THE COMPLETE IDIOT'S GUIDE TO

Rev up
your metabolism
and lose weight—
for good

Glycemic Index Weight Loss

SECOND EDITION

Red beans	72	1 medium	12
Bananas	50	1 small	30
B...	50	1/2 cup	
B...	50	1/2 cup	
Beets, canned	50	1/2 cup	15
Black beans	50	1/2 cup	
Black-eyed p...	50	1/2 cup	
Bouillon, chick	50	1/2 cup	
Bran, whole wh	50	1/2 cup	
Brazil nut	50	1/2 cup	
Bread, flat, whole grain rye	48	1 large	
Bread, 100% whole grain	51	1 oz.	
Bread, sourdough wheat	54	1 slice	
Bread, sourdough rye	54	1 slice	
Bread, white	48	1 slice	
Bread, whole wheat	80	1 slice	
Broccoli, raw, chopped	77	1 slice	
Brown sugar	0	1/2 cup	
Cabbage, raw, shredded	59	1 oz.	
Cantaloupe, cubed	0	1/2 cup	
Capers	65	1 cup	
Carrots, raw, shredded	0	1 TB.	
Chews	47	1/2 cup	
Cisava	22	1/2 cup	
Culiflower, 1-inch pieces	46	1/2 cup	
Curry, diced	0	1/2 cup	
Bran or Fiber One	0	1/2 cup	
Cheex	30	1/2 cup	
C flakes	58	1/2 cup	
Cerios	74	1/2 cup	



Lucy Beale and Joan Clark-Warner, M.S., R.D., C.D.E.

Idiot Guide To Weight Loss

Jin-Ying Zhang



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