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LowGIDIET

NEW
EDITION

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choices easy with the
Shopper's Guide



The tools and tips you need
to choose the best **carbs**

PROF JENNIE BRAND-MILLER
KAYE FOSTER-POWELL
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Low Gi Diet Shoppers Guide

Jennie Brand-Miller



Low Gi Diet Shoppers Guide:

Low GI Diet Shopper's Guide Janette Brand Miller, Jennie Brand-Miller, Kaye Foster-Powell, Fiona Atkinson, 2016-03-02 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 Newly updated with the latest values and products this easy to use guide show 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 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 sugars and sweeteners Subscribe for free to GI News the official newsletter of the Glycemic Index Foundation at www.gisymbol.com ginews 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 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 *Low GI Diet Shopper's Guide 2014* Jennie Brand-Miller, Kaye Foster-Powell, 2013-10-29 Unlock the secrets to long term health with Australia s bestselling LOW GI DIET SHOPPER S GUIDE now updated for 2014 *Shopper's Guide to GI Values* Jennie Brand-Miller, Kaye Foster-Powell, 2014-12-30 Diet trends come and go but eating according to the glycemic index to avoid blood sugar spikes is a consistent scientifically proven way to manage your health through your eating habits The Low GI Shopper s Guide to GI Values 2015 makes it easier than ever This go to reference has everything you need to know to use the glycemic index whether you are trying to lose weight or manage a chronic condition like diabetes The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet The 2015 edition of the Shopper s Guide also offers nutritional data for more than 1 200 popular foods definitive at a glance tables arranged by food category tips for maintaining a gluten free low GI diet facts about sugar and sweeteners and shopping lists and tips for everyday meals and

dining out **Low GI Diet Shopper's Guide** Jennie Brand-Miller,Kaye Foster-Powell,Fiona Atkinson,2015-12-22 Check the low GI values of all your favourite foods and shop cook and eat low GI with confidence 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 Newly updated with the latest values and products this easy to use guide show 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 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 sugars and sweeteners Subscribe for free to GI News the official newsletter of the Glycemic Index Foundation at www.gisymbol.com ginews 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 www.gisymbol.com 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 Low GI Shopper's Guide to GI Values 2014** Dr. Jennie Brand-Miller,Kaye Foster-Powell,2013-12-31 Diet trends may come and go but eating according to the glycemic index is the consistent scientifically proven way to manage your health through your eating habits and The Low GI Shopper s Guide makes it easier than ever This go to reference has everything you need to know to use the glycemic index whether you have a chronic condition such as diabetes or are trying to lose weight The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the remarkable health benefits of a low GI diet The Shopper s Guide offers Nutritional data for more than 1 200 popular foods Definitive at a glance tables arranged by food category Tips for maintaining a gluten free low GI diet The facts about sugar and sweeteners Shopping lists and tips for everyday meals and dining out *Low Gi Diet Shopper's Guide 2011* Janette Brand Miller,Kaye Foster-Powell,2010-11 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 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 gluten free GI foods and the best low GI foods when eating out *Low GI Shopper's Guide 2015* Jennie Brand-Miller,2014-12-23 Shop cook and eat with healthy low GI carbs and discover the health benefits 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

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**Professor Jennie Brand-Miller's Low Gi Diet
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