

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...		1/2 cup	
B...			
Beets, canned	50	1/2 cup	15
Black beans	6	1/2 cup	
Black-eyed p...			
Bouillon, chick			
Bran, whole wh			
Brazil nut			
Bread, flat, whole grain rye	48	1 large	
Bread, 100% whole grain	51	1 oz.	
Bread, sourdough wheat	54	1 slice	
Bread, sourdough rye	48	1 slice	
Bread, white	80	1 slice	
Bread, whole wheat	77	1 slice	
Broccoli, raw, chopped	0	1/2 cup	
Brown sugar	59	1 oz.	
Cabbage, raw, shredded	0	1/2 cup	
Cantaloupe, cubed	65	1 cup	
Capers	0	1 TB.	
Carrots, raw, shredded	47	1/2 cup	
Chews	22	1/2 cup	
Cisava	46	1/2 cup	
Culiflower, 1-inch pieces	0	1/2 cup	
Curry, diced	0	1/2 cup	
Bran or Fiber One	30	1/2 cup	
Chex	58	1/2 cup	
Cereal flakes	74	1/2 cup	
Cereals			



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

Idiot Guide To Weight Loss

SJ Ball



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