

The New Glucose Revolution



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Widely recognized as the most significant dietary finding of the last twenty-five years, the glycemic index (GI) is revolutionizing the way we eat. The New Glucose Revolution is both the definitive introduction to and an essential source of new information about the GI. Written by the world's leading authorities on the subject, whose findings are supported by hundreds of studies from Harvard University's School of Public Health and other leading research centers, it shows how and why eating low-GI foods has major health benefits for everybody.

Completely revised and expanded from the first edition, The New Glucose Revolution includes:

- A clear argument for why our bodies need carbohydrates and the benefits of low-GI foods
- Brand-new coverage of the glycemic load and its significance and daily application
- Fifty all-new, delicious, and easy-to-prepare recipes with complete nutritional information

- Comprehensive, up-to-date tables of glycemic index values for almost 800 individual foods; a nearly threefold increase over the first edition; and, completely new to this edition, glycemic load values; material unavailable to readers anywhere else
- Answers to the most frequently asked questions about carbohydrates and the glycemic index

The New Glucose Revolution is the definitive resource for everyone seeking to establish a way of eating for lifelong health, no matter what your current age, weight, or medical or physical condition.

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