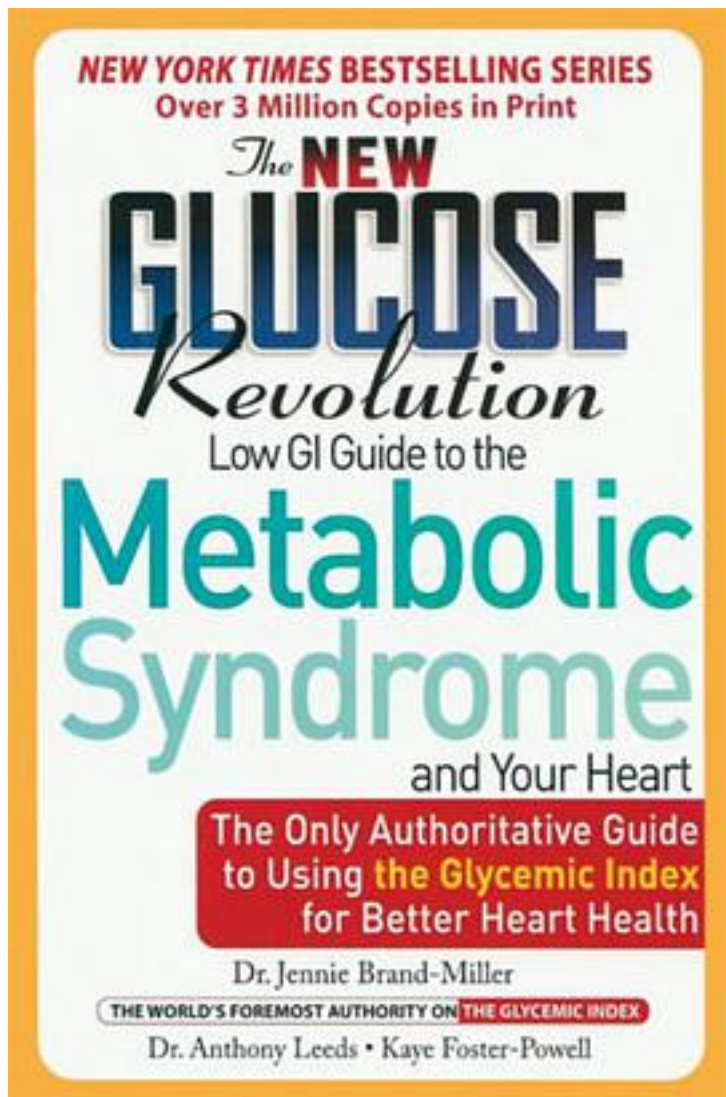


The New Glucose Revolution Low GI Guide to the Metabolic Syndrome and Your Heart



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Written by the leading authorities on the Glycemic Index, The New Glucose Revolution Guide to the Metabolic Syndrome and Your Heart provides readers with the most up-to-date information about using the GI to reduce their risk of having a heart attack. It explains the importance of slowly digested, low-GI carbohydrates, and offers important dietary guidelines for managing blood glucose levels, controlling insulin sensitivity, and losing weight. Also included is a seven-day meal plan and the GI values for hundreds of foods and beverages.

作者介绍:

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