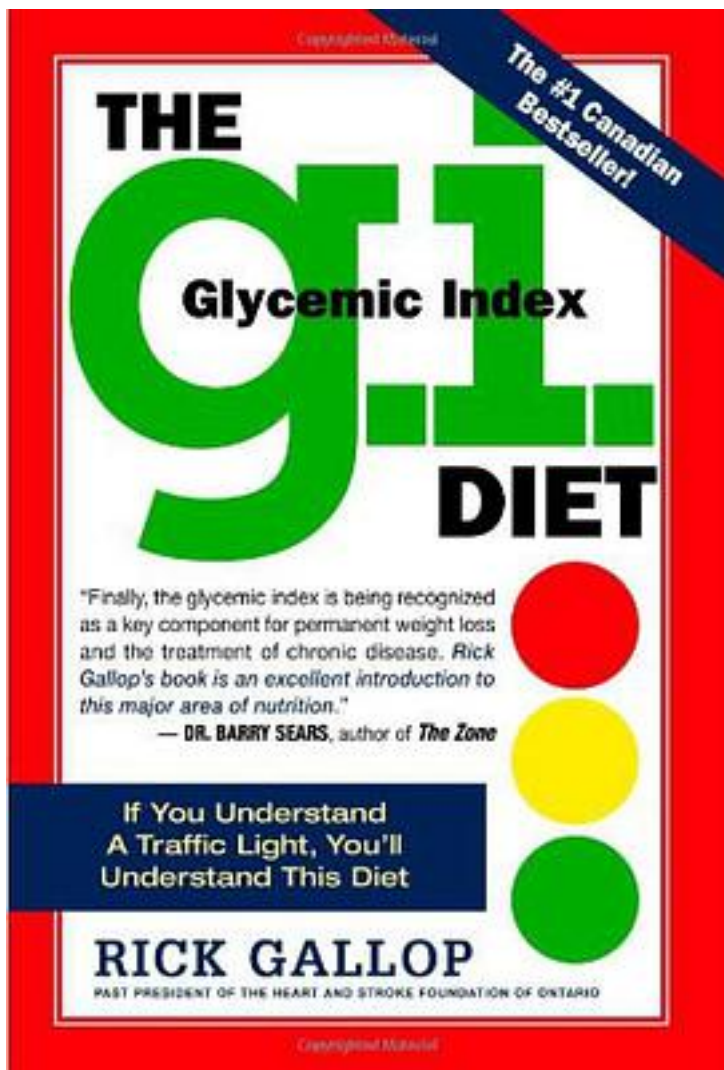


The G.I. Diet



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著者:Gallop, Rick

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"The G.I. Diet," a "New York Times" and "Wall Street Journal" bestseller is now in paperback. Dubbed "The Canadian Miracle Diet" by "Woman's World" magazine, Rick Gallop's "G.I. Diet" was a #1 bestseller in Canada, and was chosen by "People" magazine and ABC-TV's "The View" as one of the top diet books of 2005. And no wonder. If you can understand a traffic light, you can understand "The G.I. Diet"--and lose weight permanently without feeling hungry, counting calories, or jeopardizing your arteries. Backed by the science of the glycemic index, the program places every type of food into one of three color-coded categories: green--make these foods the centerpiece of your diet; yellow--eat occasionally, after you've achieved your ideal weight; and red--avoid. For example, white bread, including bagels and rolls, causes blood sugar to spike and hunger to return because the body digests it quickly. It's "red." Stone-ground whole-wheat bread, which is digested slowly and gives a much longer feeling of satiety, is "green." The diet is a cinch to stick to, truly healthful, and couldn't be easier to follow. Includes recipes, snack ideas, a shopping list, and tips for dining out.

作者介绍:

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