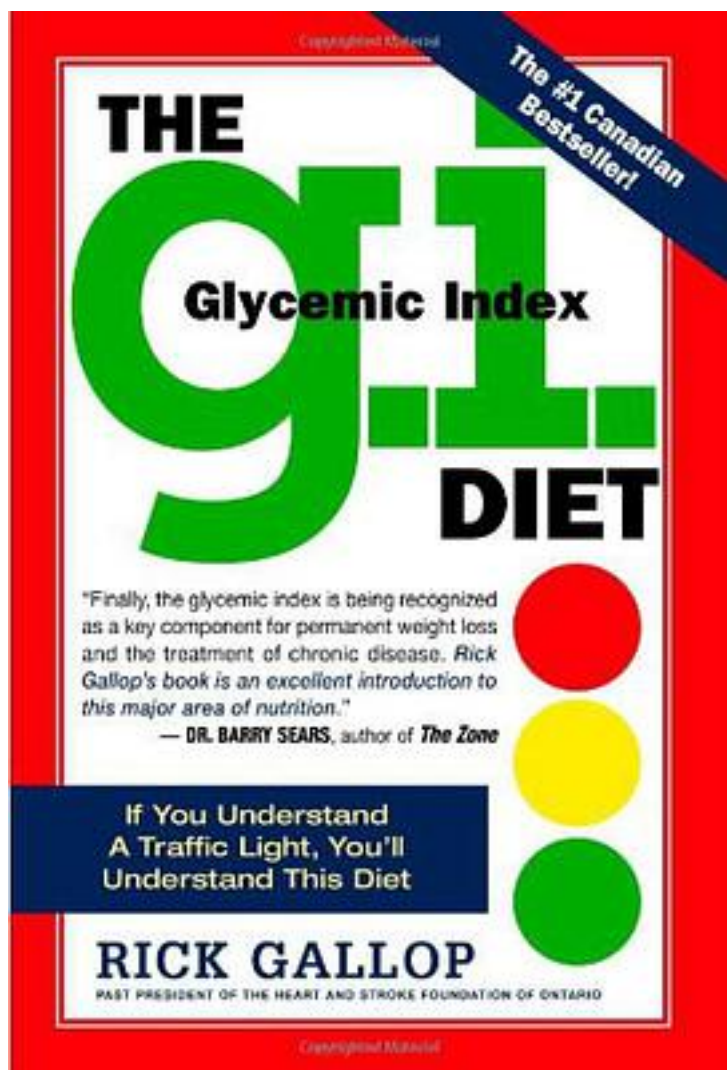


The G.I. Diet



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在线阅读本书

Why was this a #1 bestseller in Canada in 2002? Because it is an easy-to-follow, easy-to-stick-to, truly healthy approach to eating that is based on the Glycemic Index, the original science behind The Zone Diet, but eliminates that diet's complexity and tendency to leave dieters wanting more. If you can understand a traffic light, you can understand this diet--and lose weight permanently without feeling hungry, counting calories, or jeopardizing your health. If a food is in the green column, eat it. If it's in the red column, avoid it. And if it's in the yellow column, proceed with caution. Take bread, for example. White bread, with its high G.I. number, is red--because it's so highly processed the body digests it quickly, resulting in a spike in blood sugar, a release of insulin, potential storage as fat, and a quick return of the hungry feeling. Low-G.I. 100% stone-ground whole-wheat bread is green--the body takes a while to digest it, with no spike in blood sugar and a much longer feeling of satiety. Green, yellow, red: It's all here, with a full explanation of how the diet works, plus ratings for breakfast, lunch, dinner, snacks, eating out or eating in. Includes some recipes, snack ideas, a shopping list, and tips on dining out.

作者介绍:

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