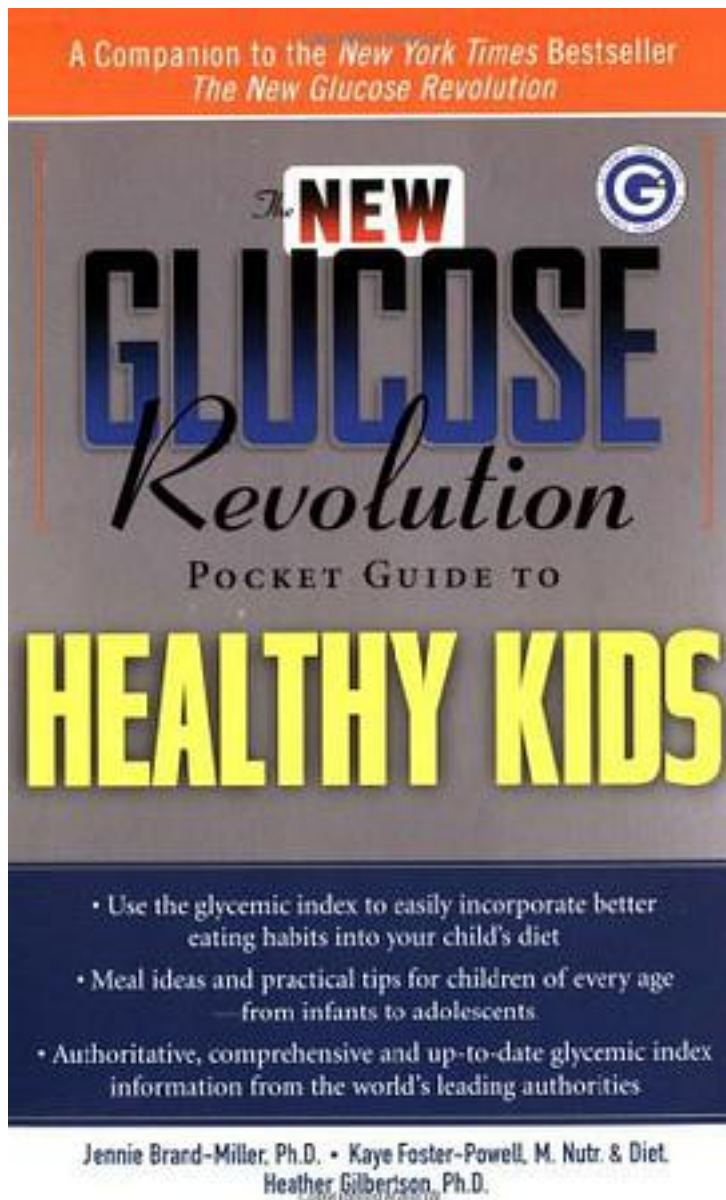


The New Glucose Revolution Pocket Guide to Healthy Kids



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Doctors say that healthy eating habits should start at an early age, but planning a healthy diet that children will eat and enjoy can be a challenging task for parents. In this handy pocket guide, the world's leading experts on the glycemic index (GI) a ranking of foods according to the rate at which their carbohydrate contents are digested and absorbed clearly explain how parents can use it to improve and maintain the overall nutrition and health of their children. These authors of the New York Times bestseller The New Glucose Revolution describe which types of carbohydrates are best for children, shows how foods with low GI values can help guide important dieting decisions, and provides menus that even the pickiest eaters will love. With an accessible alphabetical listing of the glycemic index values, fat, and carbohydrate content of over 800 foods and drinks addressed to parents of children of all ages, The New Glucose Revolution Pocket Guide to Healthy Kids will help them lay the foundation for a healthy future.

作者介绍:

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