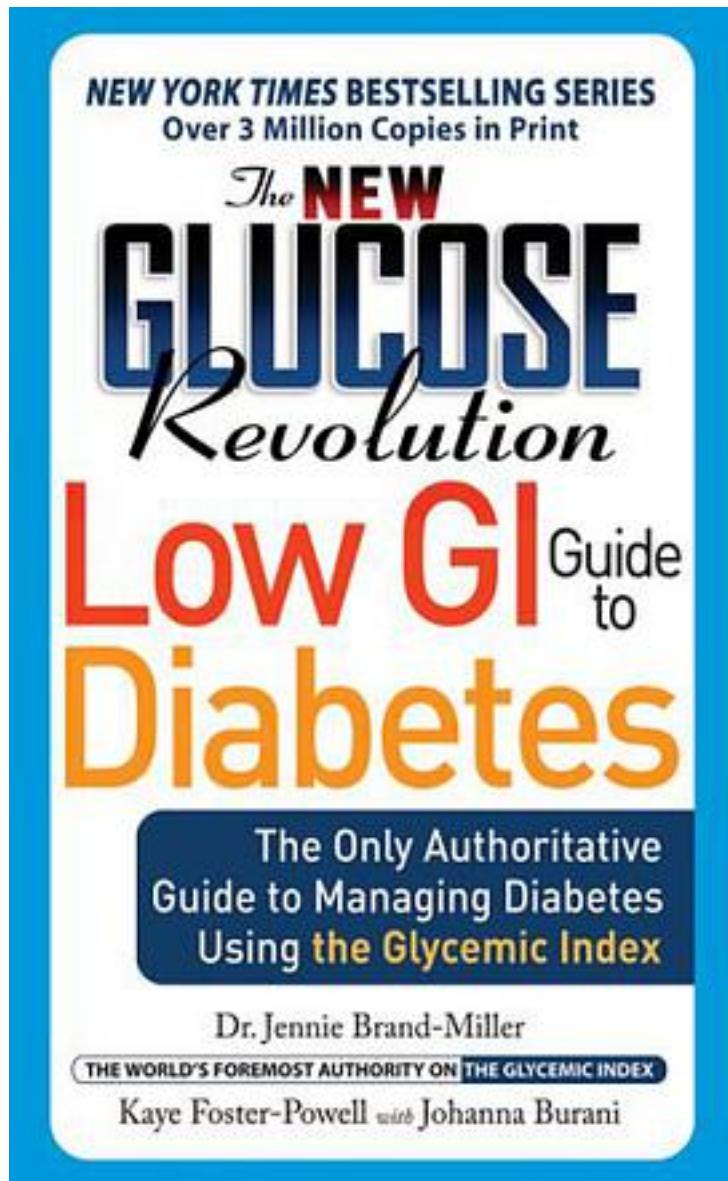


The New Glucose Revolution Low GI Guide to Diabetes



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The New Glucose Revolution Low GI Guide to Diabetes is the only guide providing up-to-date information about using the GI to help manage Type 1 and Type 2 diabetes. GI experts Brand-Miller and Foster-Powell explain why diets based on low GI foods improve blood sugar control, which types of carbohydrate are best to eat, and why many so-called "taboo" foods don't really cause unfavorable effects. Practical tips advise how to use the GI to control one's blood glucose throughout the day. Grocery and pantry lists detail the best foods to have on hand, and recipes cover a week's worth of low-GI meals. Also included are GI values for hundreds of foods and beverages.

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