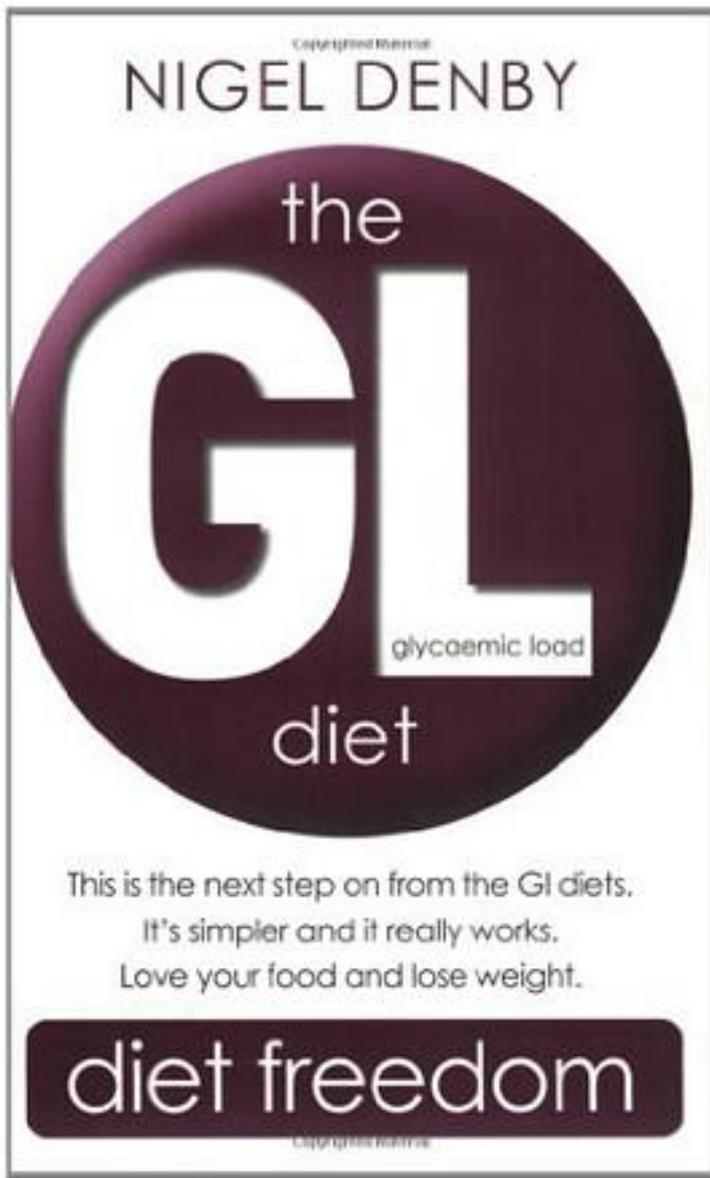


The GI Diet



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This is not just another diet book--this is a way of life. Forget the high-protein and the faddy single-food diets. Here is a simple eating plan that will become a way of life, helping dieters to lose weight and feel healthier at the same time. The GL (Glycaemic Load) Diet is the next step on from the GI Diet. Unlike the GI Diet, however, it is not complicated and full of tables and calculations. It also takes into consideration portion size, helping to establish how much you can really eat of a particular food without gaining weight. Written by acclaimed nutritionist and dietitian Nigel Denby, this revolutionary book is ideal for all those who want to stop yo-yo dieting and lose weight permanently while still enjoying their food.

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