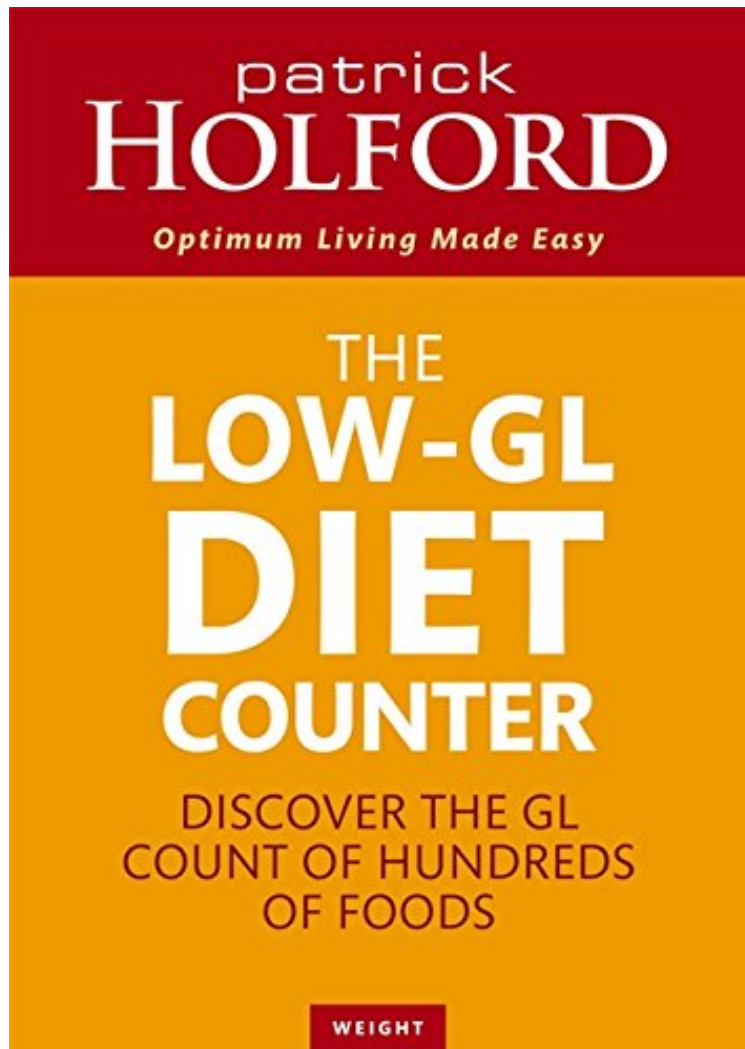


(Ebook pdf) The Holford Diet GL Counter

The Holford Diet GL Counter

Patrick Holford

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Patrick Holford : The Holford Diet GL Counter before purchasing it in order to gage whether or not it would be worth my time, and all praised The Holford Diet GL Counter:

2 of 2 people found the following review helpful. Not very helpfulBy rae lyn winbladWritten horriblyso disorganized. Hard to find GL's for foods. Uses slang words that make no sense.Not worth the price0 of 0 people found the following review helpful. Five StarsBy CLEMGREAT INFORMATION - THANK YOU VERY MUCH1 of 1 people found the following review helpful. Goes well with the bookBy JBAs described in the book, it has several lists of the GL values of various foods. I was hoping it would be a bit mroe comprehensive, but it`s good none the less. A must have if you don`t have any other similar tools...

This is the perfect companion to Patrick Holford's bestselling LOW-GL DIET BIBLE. In THE LOW-GL DIET BIBLE, Patrick Holford revealed his brilliant weightloss diet. He explained how the simple principle of eating no more than 40 GLs a day can help you to lose weight, control your blood sugar and stop cravings. To maintain your weight, he recommends a total daily intake of no more than 60 GLs per day. The LOW-GL DIET COUNTER is the perfect tool to help you achieve whichever of these goals is appropriate to you. It contains a comprehensive list of foods, complete with recommended serving sizes and GL count, protein and fat content. Its easy-to-follow format provides an instant guide to which foods are good, OK and bad according to medically approved low-GL principles. Foods are divided into sections covering breakfast, snacks, main meals and restaurant meals, and each section specifies your daily GL goal - e.g. a maximum daily intake of 5 GLs for snacks and 10 GL for main meals, as well as an extra 5 GLs for drinks and puddings.

About the Author Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is Britain's top nutrition expert and is the author of over 30 health books.