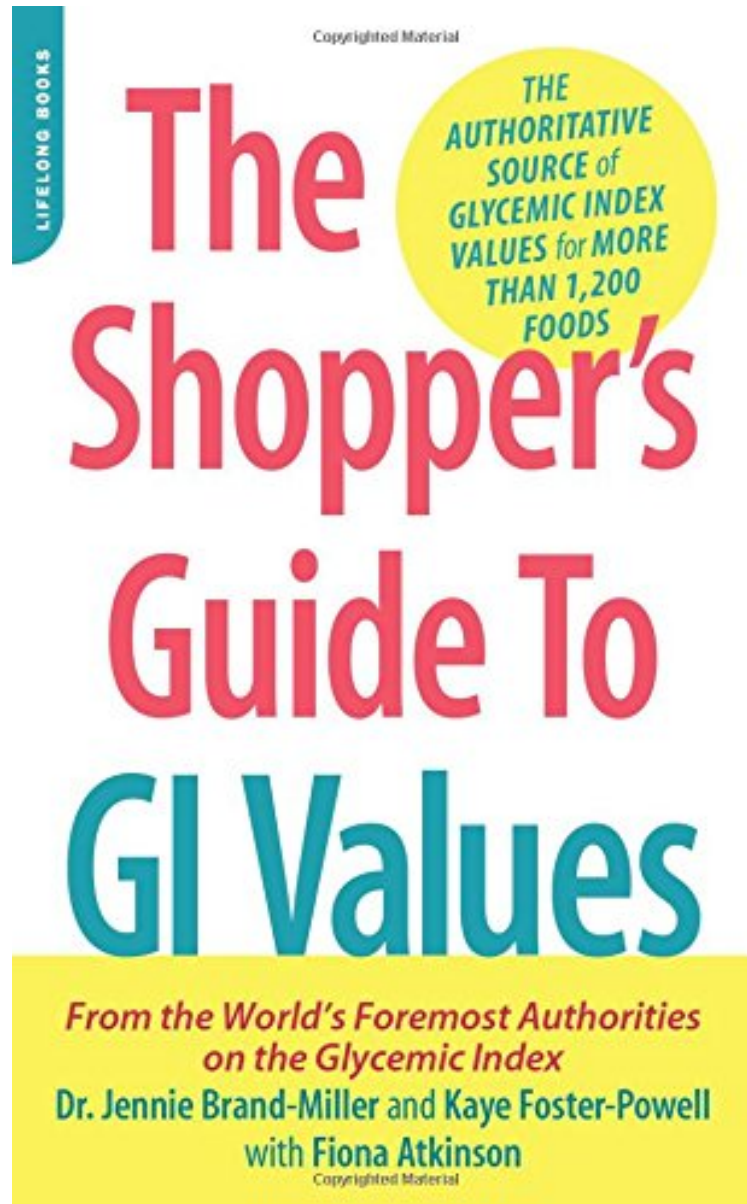


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The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series)

Dr. Jennie Brand-Miller, Kaye Foster-Powell
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By Connie Excellent book that cuts to the chase on glycemic index.

Diet trends come and go, but eating according to the glycemic index (to avoid blood sugar spikes) is a consistent, scientifically proven way to manage your health through your eating habits. *The Low GI Shopper's Guide to GI Values 2015* makes it easier than ever! This go-to reference has everything you need to know to use the glycemic index, whether you are trying to lose weight or manage a chronic condition like diabetes. The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet. The 2015 edition of the Shopper's Guide also offers: nutritional data for more than 1,200 popular foods; definitive at-a-glance tables arranged by food category; tips for maintaining a gluten-free, low GI diet; facts about sugar and sweeteners; and shopping lists and tips for everyday meals and dining out.

About the Author Jennie Brand-Miller, Ph.D., one of the world's leading authorities on carbohydrates and the glycemic index, has championed the GI approach to nutrition for more than twenty-five years. Professor of nutrition at the University of Sydney and the president of the Nutrition Society of Australia, Dr. Brand-Miller was recently awarded Australia's prestigious ATSE Clunies Ross Award for her commitment to advancing science and technology. She is one of the world's most in-demand speakers on the GI, and her laboratory at the University of Sydney is the world's foremost GI-testing center. Professor Brand-Miller is coauthor of the books in the internationally bestselling "New Glucose Revolution" series, which has more than 3.5 million copies in print worldwide. Kaye Foster-Powell, M. Nutr. Diet., an accredited dietitian-nutritionist with extensive experience in diabetes management, is the coauthor, with Dr. Brand-Miller and Fiona Atkinson, of the author of the authoritative tables of GI and glycemic load values published in "Diabetes Care." Foster-Powell is also coauthor with Brand-Miller of the more than fifteen books in the internationally bestselling "New Glucose Revolution" series.. Fiona Atkinson is a research dietician and the manager of the University of Sydney's Glycemic Index research Service (SUGiRS). Along with Jennie Brand-Miller and Kaye Foster-Powell, she is the author of the authoritative tables of GI and glycemic load values published in "Diabetes Care." She is pursuing a Ph.D. at the University of Sydney focusing on the glycemic index.
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