



Glycemic Index Diet For Dummies

By Meri Reffetto



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Get proven results from this safe, effective, and easy-to-follow diet

The glycemic load is a ranking system for carbohydrate-rich food that measures the amount of carbohydrates in a serving. The glycemic index indicates how rapidly a carbohydrate is digested and released as glucose (sugar) into the bloodstream. Using the Glycemic Index is a proven method for calculating the way carbohydrates act in your body to help you lose weight, safely, quickly, and effectively.

The second edition of *The Glycemic Index Diet For Dummies* presents this system in an easy-to-apply manner, giving you the tools and tips you need to shed unwanted pounds and improve your overall health. You'll not only discover how to apply the glycemic index to your existing diet plan, but you'll also get new and updated information on how to develop a healthy lifestyle.

- Recommends foods that boost metabolism, promote weight loss, and provide longer-lasting energy
- Features delicious GI recipes for glycemic-friendly cooking at home
- Includes exercises for maintaining glycemic index weight loss and promoting physical fitness
- Offers guidance on shopping for food as well as eating at restaurants and away from home

Glycemic Index Diet For Dummies, 2nd Edition is for anyone looking for an easy-to-apply guide to making the switch to this healthy lifestyle.

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Editorial Review

From the Back Cover

- Rate foods by their glycemic index and eat better
- Adjust your diet to improve health and increase energy
- Lose weight by following scientifically proven measures

Lose weight, increase your energy levels, and get healthy with the glycemic index diet

With *Glycemic Index Diet For Dummies*, you can discover how using the scientifically proven glycemic index will help you shed pounds, maintain your healthy weight, increase your energy level, and maintain a healthy lifestyle. Dive into this simple, effective diet to learn which foods to eat and how to get and stay.

- Make the switch — prepare yourself for a successful weight loss program by creating a plan centered on a low glycemic index
- Lose weight — use portion control, detailed information about glycemic loads of various foods, and other tips to shed pounds
- Get healthy — find out how a low glycemic index diet can help you lose weight, maintain a healthy lifestyle, and fight disease
- Increase energy levels — if you're fed up with being tired, discover how the low glycemic index diet will increase your energy throughout the day
- Overcome common challenges — discover how to create a support system and overcome challenges like dining out and eating on special occasions

Open the book and find:

- Recipes that will keep you satisfied all day
- A list of foods and their glycemic load numbers
- Which foods are best for your diet
- How to revamp your favorite recipes to meet your diet
- Ways to lose weight, and keep your blood sugar in check
- How to decrease your daily glycemic load
- A chart of acidic foods that help you lose weight
- Comprehensive info on which carbs are beneficial and which aren't

About the Author

Meri Raffetto, RD, is the founder and developer of Real Living Nutrition Services, providing online weight loss programs to empower people to make small changes to achieve lasting results. Meri specializes in weight management and heart disease prevention and is a member of the American Dietetic Association.

Users Review

From reader reviews:

Beverly Dyar:

Hey guys, do you would like to finds a new book to see? May be the book with the concept Glycemic Index Diet For Dummies suitable to you? The book was written by well known writer in this era. The actual book untitled Glycemic Index Diet For Dummies is one of several books this everyone read now. This book was inspired a number of people in the world. When you read this publication you will enter the new age that you ever know just before. The author explained their concept in the simple way, consequently all of people can easily to comprehend the core of this reserve. This book will give you a large amount of information about this world now. In order to see the represented of the world on this book.

Emily Meredith:

The reserve untitled Glycemic Index Diet For Dummies is the guide that recommended to you to learn. You can see the quality of the reserve content that will be shown to you. The language that article author use to explained their way of doing something is easily to understand. The author was did a lot of research when write the book, and so the information that they share to your account is absolutely accurate. You also can get the e-book of Glycemic Index Diet For Dummies from the publisher to make you considerably more enjoy free time.

Dolores Rawson:

On this era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become certainly one of it? It is just simple solution to have that. What you need to do is just spending your time not much but quite enough to get a look at some books. On the list of books in the top record in your reading list is definitely Glycemic Index Diet For Dummies. This book which is qualified as The Hungry Inclines can get you closer in getting precious person. By looking right up and review this publication you can get many advantages.

Miguel Lynch:

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