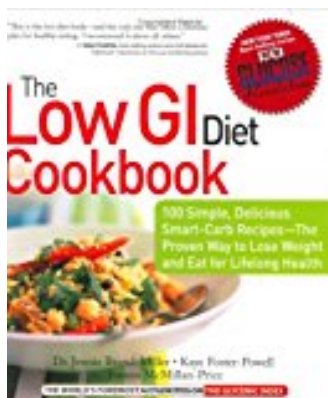


# **[PDF] The Low GI Diet Cookbook: 100 Simple, Delicious Smart-Carb Recipes-The Proven Way To Lose Weight And Eat For Lifelong Health (Glucose Revolution)**

**Kaye Foster-Powell, Jennie Brand-Miller, Joanna McMillan-Price - pdf download free book**



#### **Books Details:**

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## **Description:**

**From Publishers Weekly** Forget about low fat, low cal and low carb, say the authors, join the New Glucose Revolution, a weight-loss plan based on the "glycemic index," (GI for short) which ranks foods by their affect on blood-sugar levels. Low GI cuisine produces "only gentle rises in your blood glucose and insulin levels," which supposedly keeps hunger down and energy up. The authors don't produce any studies to back up these claims, but the diet seems reasonable, as it's high in fiber, low in fat and encourages exercise. But the true test of any cookbook is in the kitchen, and based on this criterion, the book is only a qualified success. The recipes are admittedly superior: they're clearly written, with accurate preparation times and scrupulous nutritional information. The wide spectrum of dishes (chickpea burgers, meat and fish entrees, French toast) will appeal to many tastes, and the food is tasty. The problem is a low-GI diet just doesn't seem easy to follow. The authors do include a section on what to keep in your kitchen, as well as a brief passage about food labeling, but it's difficult to imagine how anyone with a job will have time to keep track of all this information. And, although the authors assert that there are "no special foods to buy," it seems unlikely that you'll find quinoa or chermoula at the Piggly-Wiggly.

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**About the Author** JENNIE BRAND-MILLER, P.H.D., one of the world's foremost authorities on carbohydrates and the glycemic index, has championed the GI approach to nutrition for more than 20 years. Professor of Nutrition at the University of Sydney and the President of the Nutrition Society of Australia, Brand-Miller manages a GI food-labeling program in Australia ([www.gisymbol.com.au](http://www.gisymbol.com.au)) with Diabetes Australia and the Juvenile Diabetes Research Foundation to ensure that claims about the GI are scientifically correct and applied only to nutritious foods. Winner of Australia's prestigious ATSE Clunies Ross Award in 2004 for her commitment to advancing science and technology, Brand-Miller 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.

KAYE FOSTER-POWELL, M. NUTR. & DIET., an accredited dietitian-nutritionist with extensive experience in diabetes management, counsels hundreds of people a year on how to improve their health and well-being and reduce their risk of diabetic complications through a low-GI diet. She is the lead author of the authoritative tables of GI and glycemic load values published in the American Journal of Clinical Nutrition.

JOANNA MCMILLAN-PRICE, BSC, is completing her Ph.D. at the University of Sydney on the links between the glycemic index and weight loss. She lectures on nutrition in Australia and the UK and is currently developing a major nutrition and weight loss program to be launched in health clubs across the UK.

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