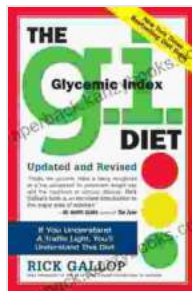


Unlock the Power of Low-GI Eating: The Diet Glycemic Index

Are you struggling to lose weight, manage your blood sugar levels, or prevent chronic diseases? The answer may lie in understanding the glycemic index (GI) and incorporating low-GI foods into your diet.



The G.I. Diet: Glycemic Index by Rick Gallop

★★★★☆ 4.3 out of 5

Language	: English
File size	: 11406 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 215 pages
Lending	: Enabled



The Diet Glycemic Index is a comprehensive guide that demystifies the GI and provides you with the essential tools to harness its power for optimal health. This groundbreaking book empowers you with:

- A thorough understanding of the GI and its significance
- Practical strategies for incorporating low-GI foods into your meals
- Detailed food lists and recipes to support your low-GI journey
- Scientific evidence and success stories to inspire your transformation

By choosing foods with a low GI, you can slow down the release of glucose into your bloodstream, leading to:

- Reduced insulin resistance and improved blood sugar control
- Enhanced weight loss and body composition
- Lowered risk of chronic diseases such as type 2 diabetes, heart disease, and stroke
- Increased energy levels and overall well-being

GLYCEMIC INDEX FOODS

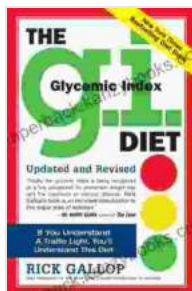
	Low GI	Medium GI	High GI				
Breakfast Cereals	All-Bran (Keebler USA)	30	Sultana (Keebler)	55	Mini Wheats (Blackcurrant)	72	
	Guardian (Keebler)	37	Hi Bran Weetbix (Barnimann)	57	Bran Flakes (Keebler)	74	
	Natural Muesli (Hormel)	40	Mini Wheats (Keebler)	58	Cash Pops (Keebler)	77	
	Tasted Muesli (Hormel)	43	All-Bran Wheat Flakes	60	Cornflakes (Keebler - AU)	77	
	Komplete (Keebler)	48	Sultana Bran (Keebler)	64	Instant Porridge (Jude Toby)	82	
	Fruit & Nut Muesli (Hormel)	46	Nutrigrain (Keebler)	66	Puffed Wheat (Hormel)	85	
	Porridge	49	Shredded Wheat	67	Rice Bubbles (Keebler)	87	
	Natural Muesli (Hormel Sun)	49	Special K (Keebler US)	69	Crispix (Keebler)	87	
	All Bran (Keebler US)	50	Weetbix (Barnimann)	69			
	Oat Bran	50					
	Rolled Oats	51					
	Special K (Keebler)	54					
	Breads	Soya and Linseed	36	Pita - White	57	Bagel	77
		Mixed / Multi Grain	43	Sourdough	57	Wholemeal	78
Heavy Mixed Grain		45	Wholemeal Rye	58	White	80	
Wholegrain Pompeii (Bif)		46	Hamburger Bun	61	Baguette	95	
Sourdough Rye		48	Bran Muffin	65			
Whole Wheat		49	Crossant	67			
Dark Rye		51					
Sourdough Wheat		54					
Pasta/Rice/Carbs	Pearled Barley	22	Deongana Rice	56	Faploca / Sago	70	
	Egg Fettuccini	32	Wild Rice	57	Brown Rice	72	
	Spaghetti	42	Basmati Rice	58	Brown Rice (boiled)	72	
	Macaroni	45	Colocous	61	Short Grain White Rice	83	
	Brown Rice (steamed)	50	Cornmeal	66	Glutinous Rice	86	
	Buckwheat	51	Taco Shells	68	Instant White Rice	87	
	Instant Noodles	52	Gnocchi	68	Sticky Rice	87	
	Rice Noodles	53	Atapota Rice	69	Jasmine Rice	88	
	Wheat Pasta Shapes	54					

The Diet Glycemic Index is not just another fad diet; it's a scientifically proven approach to healthy eating. With its easy-to-follow guidelines and delicious recipes, you can transform your diet, improve your health, and achieve your weight loss and wellness goals.

Don't settle for quick fixes or restrictive diets that leave you feeling hungry and deprived. Embrace the power of low-GI eating and unlock a lifetime of

vibrant health. Free Download your copy of The Diet Glycemic Index today and embark on a journey towards a healthier, more fulfilling you.

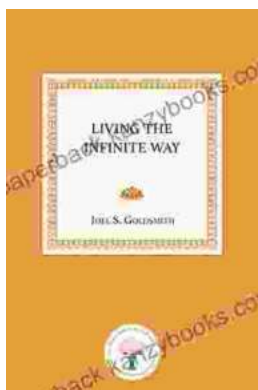
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