



The Low GI Handbook: The New Glucose Revolution Guide to the Long-Term Health Benefits of Low GI Eating (New Glucose Revolutions)

By Jennie Brand-Miller, Thomas M. S. Wolever, Kaye Foster-Powell, Stephen Colagiuri

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With over 1 million copies sold of the three previous editions, *The New Glucose Revolution* is the go-to book for all things GI. Now in its fourth edition, *The New Glucose Revolution* is completely revised and updated, expanding on the most recent scientific findings related to GI and health. It includes new chapters dedicated to pre-diabetes, pregnancy, and heart health; easy and delicious recipes; weekly low-GI menu ideas; and the GI values for more than 900 different foods and drinks, plus saturated fat and carbohydrate contents listed. On the heels of Dr. David Jenkins' groundbreaking GI study (one of the largest and longest to assess the impact of foods with a low GI), the time is right to adopt and maintain a low-GI lifestyle.

If you want to lose weight; manage your diabetes; and improve your blood glucose levels, cardiovascular health, and sense of well-being, this is the book for you.

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Editorial Review

Review

***Diabetes Educator*, December 2011**

“Overall, *The Low GI Handbook* is one of the few resources that makes decoding the GI scale a lot easier. It takes complex science and communicates it in a manner that is easy to understand by the average consumer. The authors present accurate, empirically sound content with key points repeated throughout each chapter in bold type, reinforcing reader comprehension.”

About the Author

Jennie Brand-Miller, PhD, is one of the world's leading authorities on the glycemic index.

She and **Kaye Foster-Powell, M Nutr & Diet**, an accredited dietitian-nutritionist with extensive experience in diabetes management, are coauthors of more than fifteen books in the bestselling New Glucose Revolution series.

Thomas M. S. Wolever, MD, PhD, is professor in nutritional sciences, University of Toronto, and a member of the Division of Endocrinology and Metabolism, St. Michael's Hospital, Toronto.

Stephen Colagiuri, MD, is professor of medicine at the Institute of Obesity, Nutrition and Exercise at the University of Sydney.

Users Review

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