



## Glycemic Index Food Guide For Weight Loss, Cardiovascular Health, Diabetic Management, and Maximum Energy Transitions Lifestyle Systems

By Lieberman Shari

Square One Publishers. Paperback. Book Condition: New. Mass Market Paperback. 160 pages. Dimensions: 6.8in. x 4.1in. x 0.6in. The glycemic index (GI) is an important nutritional tool. By indicating how quickly a given food triggers a rise in blood sugar, the GI enables you to choose foods that can help you manage a variety of conditions and improve your overall health. Written by leading nutritionist Dr. Shari Lieberman, this book was designed as an easy-to-use guide to the glycemic index. The book first answers commonly asked questions, ensuring that you understand the GI and know how to use it. It then provides the glycemic index and glycemic load of hundreds of foods and beverages, including raw foods, cooked foods, and many combination and prepared foods. Whether you are interested in controlling your glucose levels to manage your diabetes, lose weight, increase your heart health, or simply enhance your well-being, the Glycemic Index Food Guide is the best place to start. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Mass Market Paperback.



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