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The New Glucose Revolution Low GI Gluten-free Eating Made Easy: The Essential Guide to the Glycemic Index and Gluten-free Living

By Jennie Brand-Miller, Kate Marsh

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, The New Glucose Revolution Low GI Gluten-free Eating Made Easy: The Essential Guide to the Glycemic Index and Gluten-free Living, Jennie Brand-Miller, Kate Marsh, More than two million North Americans have celiac disease and must follow a gluten-free diet-but the absence of grains and the higher fat and sugar content of many gluten-free products can cause health problems and nutrient deficiencies. Now, The New Glucose Revolution Low GI Gluten-Free Eating Made Easy simplifies the challenges of a gluten-free diet-and emphasizes the lifelong health benefits of low-GI, gluten-free eating. Widely recognized as the most significant dietary finding of the last 25 years, the glycemic index (GI) is an easy-to-understand measure of how foods affect blood glucose levels. Low-GI diets improve health and weight control, lower bad cholesterol, and help prevent or reduce your risk of type 2 diabetes, heart disease, cancer, and other chronic diseases. This clear, accessible guide has everything you need to know for healthful gluten-free eating, including * Seven simple dietary guidelines for eating gluten-free and low GI * A guide to finding and buying gluten-free products * Low-GI substitutes for common high-GI (albeit gluten-free) foods * Cutting-edge...



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