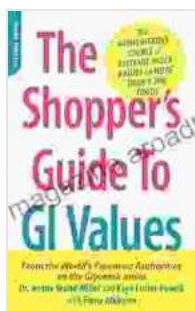


# The Authoritative Source of Glycemic Index Values for More Than 200 Foods

Are you looking for a way to manage your blood sugar levels and improve your overall health? If so, then you need to know about the glycemic index (GI).



## The Shopper's Guide to GI Values: The Authoritative Source of Glycemic Index Values for More Than 1,200 Foods (The New Glucose Revolution Series)

by Kaye Foster-Powell

★★★★☆ 4.2 out of 5

Language : English  
File size : 9572 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 161 pages



The GI is a measure of how quickly a food raises your blood sugar levels. Foods with a high GI are digested and absorbed quickly, causing a rapid spike in blood sugar levels. This can lead to weight gain, insulin resistance, and other health problems.

On the other hand, foods with a low GI are digested and absorbed more slowly, causing a gradual rise in blood sugar levels. This helps to keep your

blood sugar levels stable and prevents weight gain and other health problems.

If you are looking to manage your blood sugar levels and improve your overall health, then you need to choose foods with a low GI. The Authoritative Source of Glycemic Index Values for More Than 200 Foods provides a comprehensive list of GI values for over 200 foods, making it an invaluable resource for anyone who is looking to manage their blood sugar levels.

This book includes GI values for a variety of foods, including:

- Fruits
- Vegetables
- Grains
- Legumes
- Dairy products
- Meat
- Fish
- Nuts
- Seeds

The Authoritative Source of Glycemic Index Values for More Than 200 Foods is the perfect resource for anyone who is looking to manage their blood sugar levels and improve their overall health.

Free Download your copy today!

## **Benefits of Using the Glycemic Index**

There are many benefits to using the glycemic index, including:

- **Weight loss:** Eating foods with a low GI can help you lose weight and keep it off. A study published in the journal *Obesity* found that people who followed a low-GI diet lost more weight than people who followed a high-GI diet.
- **Improved blood sugar control:** Eating foods with a low GI can help to improve blood sugar control. A study published in the journal *Diabetes Care* found that people with type 2 diabetes who followed a low-GI diet had lower blood sugar levels than people who followed a high-GI diet.
- **Reduced risk of heart disease:** Eating foods with a low GI can help to reduce your risk of heart disease. A study published in the journal *The American Journal of Clinical Nutrition* found that people who followed a low-GI diet had a lower risk of heart disease than people who followed a high-GI diet.
- **Improved gut health:** Eating foods with a low GI can help to improve your gut health. A study published in the journal *The British Journal of Nutrition* found that people who followed a low-GI diet had a healthier gut microbiome than people who followed a high-GI diet.

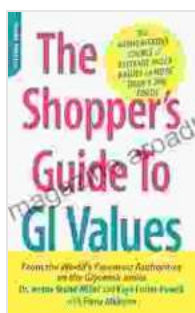
If you are looking to improve your health, then using the glycemic index is a great place to start. The Authoritative Source of Glycemic Index Values for More Than 200 Foods is the perfect resource for anyone who is looking to get started with the glycemic index.

Free Download your copy today!

## Free Download Your Copy Today!

The Authoritative Source of Glycemic Index Values for More Than 200 Foods is available now for just \$19.95. Free Download your copy today and start reaping the benefits of using the glycemic index!

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