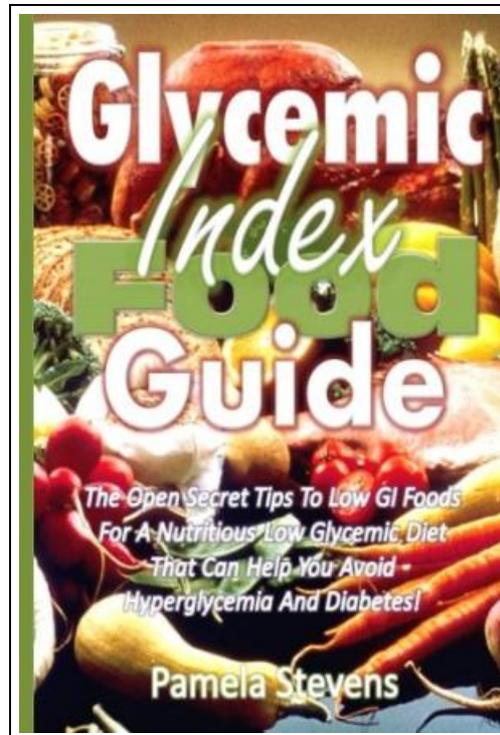


## Glycemic Index Food Guide: The Open Secret Tips to Low GI Foods for a Nutritious Low Glycemic Diet That Can Help You Avoid Hyperglycemia and Diabetes! (Paperback)



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**(Mr. Jeramy Leuschke IV)**

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Without doubt, what we are well aware today of the benefits of Glycemic Index (GI), which started like a project in 1981, at the University of Toronto, where the concept was originally developed and the result called the Glycemic Index and the many impacts it has had on the management of sugar bias conditions. Yes, this project team was led by Dr. David Jenkins; but the reasoning behind the development of this concept is to gauge the effect of carbohydrates on the content of glucose in the blood. This means that for anybody that is out to regulate his or her blood glucose content owing to hyperglycemia or diabetes, the glycemic index is a concept that must be embraced! Naturally, since diabetes is already hitting the epidemic mark in the United States alone, and the rest of the world cannot be said to be totally free the discovery of this concept was a highly welcomed development at that auspicious time. And in fact, it still is today! Besides that, the situation was getting even worse, since more people are being diagnosed with this seemingly intimidating disease that usually lead to other medical complications like the deadly kidney failure. So, it was a timely concept, as you will see later on, it will be wisdom for persons with diabetes to get acquainted with the Glycemic Index so as to be well equipped by knowing the diet plan to stick to and the foods to kick off their present diet plan. To start with, one thing you will need to know is that the class of food called carbohydrates typically contains varieties of food groups which produce different types...

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