



## Gi in Your Pocket

By Barbara Wilson

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Gi in Your Pocket, Barbara Wilson, The glycaemic index is a rating of foods that contain carbohydrates according to whether they are quick, slow or moderately slow at raising our blood sugar levels. The GI is not a diet, it's a nutritional index of foods. But if you're dieting, it's good to eat foods with a low GI because slowly absorbed carbohydrates help you feel fuller for longer. Eating low-GI foods doesn't necessarily mean that you have to completely change your diet, it's possible to substitute some high-GI foods with lower alternatives. It's also OK to have medium- and high-GI foods in moderation. So how do you put all this into practice? The answer is consult this handy reference which sets out in simple language and charts the good, the bad and the indifferent carbohydrates. Chapters on possible substitutes, healthy breakfasts, lunches, dinners and snacks, and best cooking methods make this a great all-in-one guide. Keep it in your pocket, so that you can consult it whenever you need to make food choices, wherever you are.

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