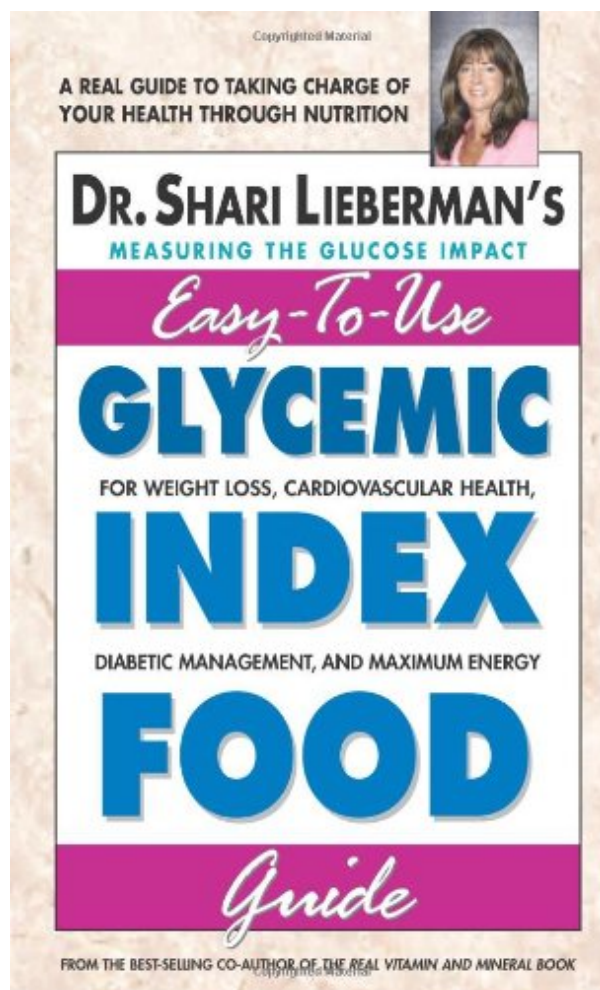


**GLYCEMIC INDEX FOOD GUIDE: FOR
WEIGHT LOSS, CARDIOVASCULAR
HEALTH, DIABETIC MANAGEMENT, AND
MAXIMUM ENERGY BY SHARI LIEBERMAN**



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DR. SHARI LIEBERMAN'S

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About the Author

Shari Lieberman, PhD, CNS, FACN, earned her doctorate in Clinical Nutrition and Exercise Physiology from The Union Institute in Cincinnati, Ohio, and her master's degree in

Nutrition, Food Science and Dietetics from New York University. A Certified Nutrition Specialist, Dr. Lieberman is the best-selling author of Mineral Miracle and The Real Vitamin and Mineral Book

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Originally designed as a guide for people with diabetes, the glycemic index is an important new nutritional tool that now has wide-ranging uses. By indicating how quickly a given food triggers a rise in blood sugar, it enables everyone—from diabetics, to individuals who want to lose weight, to people who simply want to remain healthy—to choose the foods that can help them meet their dietary and health goals. This book is an easy-to-use guide to the glycemic index, or GI. Whether you have been relying on the GI for years or have just heard about this wonderful tool, you're sure to find it invaluable as you learn about the GI and use it to make smart food choices.

The book begins by answering a number of frequently asked questions about the glycemic index. Here you'll get a crash course in carbohydrates, which is what the GI is all about; learn about the glycemic index itself; and discover the importance of the GI in preventing and managing a host of disorders, from diabetes to cancer to fatigue. If you've ever wondered why people with diabetes are urged to avoid certain foods, or

simply why some foods so often lead to feelings of lethargy, you're sure to enjoy this easy-to-read Q and A. This section also addresses some issues that often confuse people when they first glance at the glycemic index of different foods. Why are certain foods, like meat and fish, not ranked on the glycemic index? Does eating more of a food cause its GI number to increase? What is glycemic load, or GL? Since carrots have a high GI, does that mean that they're an unhealthy food? Perhaps most important, the Q and A tells you how to use the glycemic index to create a diet that not only is healthy but also includes the foods you love. The fact is that you don't have to give up your favorite foods—not even if they rank high on the index. You just have to learn to integrate them wisely in your diet by balancing high-GI choices with low-GI foods.

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Because there's so much to learn about the glycemic index, and because more information is always becoming available, the book ends with a list of helpful websites. These sites provide more detailed information about topics of interest, and in many cases offer continuously updated databases of foods. Check them out, and you're sure to learn even more about this fascinating subject, as well as glean practical tips and suggestions for meeting your dietary goals.

Whether you are interested in controlling your glucose levels to manage a specific health problem, you're trying to boost your energy levels, you wish to achieve a healthier weight, or you simply want to enhance your overall well-being, this guide was designed to help you every step of the way. Turn the page, and learn how the glycemic index can change your life.

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Excellent **Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, And Maximum Energy By Shari Lieberman** book is always being the most effective good friend for spending little time in your workplace, evening time, bus, as well as anywhere. It will certainly be a great way to merely look, open, and review guide Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, And Maximum Energy By Shari Lieberman while in that time. As known, encounter as well as ability do not always featured the much money to get them. Reading this publication with the title Glycemic Index Food Guide: For Weight Loss, Cardiovascular Health, Diabetic Management, And Maximum Energy By Shari Lieberman will certainly let you understand much more things.

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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.

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About the Author

Shari Lieberman, PhD, CNS, FACN, earned her doctorate in Clinical Nutrition and Exercise Physiology from The Union Institute in Cincinnati, Ohio, and her master's degree in

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Most helpful customer reviews

49 of 52 people found the following review helpful.

perfect

By Miss Pink

This is the perfect pocket guide to bring with you when you travel and when you go out to dinner. Dr. Shari

Lieberman is a trusted authority in nutrition and she has put the issues that concern most diabetics and people watching their glucose levels at your fingertips in a very resourceful fashion.

112 of 114 people found the following review helpful.

Good information - Poor organization

By OpenMinded

While this book did have many more listings than anything else I've found, it is very difficult to find what you are looking for. One simple alphabetical listing would have been much more helpful than the categories and sub-categories it has. Also note that this is a British publication, so many names are not familiar to Americans (an aubergine is an eggplant; a pulse is a pea, bean or lentil...)

0 of 0 people found the following review helpful.

which for my purposes renders it useless, so I need to buy another book

By Perpetual Reader

There are two major problems with this book, which for my purposes renders it useless, so I need to buy another book. First the organization of the various food and drink items are cumbersome. I guess, after some search and a fair amount of familiarization one could get over that problem, eventually. However the second problem is severe and that you can not get used to. You do not get an actual value for the Glycemic Index, rather the category is shaded in for "Low-GI" "Med-GI" and High-GI". Low is 0 - 55, which is a rather wide range. Add 15 points and now you are in the "High-GI" category. So, the difference between a Low GI and a High GI, could be only 15 points (55 vs. 70) or as much as 99 (1 vs. 100, as in the case of Stevia and Sucrose); I would never know if Dr. Shari Lieberman's book was my source of information.

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