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Glycemic Index Diet: Improve Health, Using the Glycemic Index Guide, With Delicious Glycemic Index Recipes

Jennifer Collins

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Glycemic Index Diet: Improve Health, Using the Glycemic Index Guide, With Delicious Glycemic Index Recipes A lot of people are talking about the low glycemic index diet, but what are glycemic index diets, anyway? If you've done any research on the topic, it's understandable that you may have come away with the idea that a glycemic index diet plan is too complicated to be a realistic option for the average person. Fortunately, that's not the case at all. What is the glycemic index diet? It's actually a lot simpler than many people would have you believe. Essentially, it's a diet which minimizes or eliminates foods which are high on the glycemic index while emphasizing foods low on the glycemic index like fresh vegetables, fruits and whole grains. So what is glycemic index? Simply put, it's a scale which ranks foods on the basis of how they affect blood sugar levels. The lower a food ranks on the glycemic index, the less it tends to cause spikes in blood sugar levels which lead to insulin resistance, diabetes and heart disease over time, not to mention the sugar high/sugar crash cycle. So the answer to what is glycemic index diet is just a diet which is largely based on low GI foods which help to keep your blood sugar levels stable. You can think of it as a glycemic index weight loss plan which helps you to achieve and maintain a healthy weight, have more energy and dramatically reduce your risk of diabetes and other serious diseases. That brings us to this glycemic index diet recipes book. It's a low GI diet book which is written with the average person in mind. The recipes aren't complicated. Rather than going into the complexities of how the human digestive process works and exactly how certain foods end up causing potentially troublesome spikes in blood sugar level, this book gives you what you're really looking for: low glycemic index diet recipes. It's a cookbook, first and foremost.

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