

# Low Gi Recipe Book

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*500 Low Glycemic Index Recipes* Dick Logue, 2010-06-01 A resource of recipes and nutritional guidance that will help you regulate blood sugar levels, control weight and prevent diabetes. 500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss. Low-GI versions of traditionally high GI foods such as breads, pastas, desserts and casseroles are included. Forget low-carb, low-fat, low-calorie diets. This is a healthy eating plan that can be used for life to lose weight, feel energized, and be healthy.

**The Low GI Diet Cookbook** Janette Brand Miller, Kaye Foster-Powell, Joanna McMillan-Price, 2005 Science has proven that low GI, slowly digested carbohydrates, are key to healthy and sustained weight loss. THE LOW GI COOKBOOK brings you over 70 tempting recipes based on these established principles. The book covers everything from sustaining breakfasts and brunches, substantial but healthy dinner dishes, to quick salads and sweet treats, and even includes recipes from celebrity chefs. Packed with beautiful photographs, handy tips, and with a complete breakdown of fat, protein and carb content, calorie values and GI values for every recipe, THE LOW GI COOKBOOK is your blueprint for healthy low GI eating for life.

**Low Glycemic Diet Cookbook** Lisa Barker, 2017-07-27 Includes A Wide Variety Of Healthy And Delicious Low Glycemic Recipes For Helping You Control Your Blood Sugar! Get This Low GI Cookbook For A Special Discount (50% off) The low GI diet has been proven to be effective for treating weight gain and controlling diabetes. The low GI diet is based on consuming foods that have a low glycemic index rating. Below are some example of foods with a low GI. Examples of foods with a low GI: \* nuts \* oatmeal \* apples \* beans and lentils \* whole grains \* green vegetables Foods that have a low GI rating contain more fiber and this causes you to feel full for longer. These foods will give a steady rise in blood sugar, on the contrary high GI foods will cause sudden spikes in blood sugar levels.

**Low-GI Cookbook** Louise Blair, 2015-03-02 Eating a low-GI diet is the ultimate way to high energy levels, permanent

weight loss and great health. This practical book offers 80 mouthwatering recipes for every occasion, from quick-fix lunches such as Poached Eggs with Lentils & Rocket to delectable dinners including Baked Sweet Potato with Griddled Herb Chicken. There's no need to miss out on pudding either, with low-GI recipes for sweet treats such as Blackberry & Apple Tartlets and Fruity Bread & Butter Pudding. Together with expert information on how the glycaemic index works and why low-GI foods are so good for you, with *The Low-GI Cookbook* you'll find living the low-GI life is easy.

*Glycemic Index Cookbook* Publications International, Publications International Ltd. Staff, Favorite Brand Name Recipes Editors, 2010 Join the thousands who have discovered that eating according to the glycemic index can be the sensible way to control your blood sugar and your weight. The *Glycemic Index Cookbook* makes it easy and delicious. You'll find recipes for everything from satisfying main courses, to energy-packed breakfasts and smart snacks and treats—all with low GI values. A thorough introduction explains the benefits of low GI eating. Foods with high GI numbers raise blood sugar quickly and cause you to crave more starch and sugar. You'll learn how to cut back on refined carbohydrates and enjoy food that's full of flavor instead. One taste of Grilled Chicken with Corn and Black Bean Salsa or Glazed Plum Pastry and you'll be convinced. Low GI may be the first diet plan you can stick with for life! 6 X 9

*Glycemic Index Cookbook For Dummies* Meri Raffetto, Rosanne Rust, 2010-11-11 Keep a low GI diet with delicious and simple recipes Using the glycemic index is not only a proven method of losing and maintaining weight safely and quickly, it's also an effective way to prevent the most common diseases of affluence, such as coronary heart disease, diabetes, and obesity. Now you can easily whip up meals at home that will help you shed unwanted pounds and stay healthy with the *Glycemic Index Cookbook For Dummies*. 150 delicious and simple recipes with a glycemic index and glycemic load rating level for each Includes breakfast, lunch, dinner, on-the-go, vegetarian, and kid-friendly recipes Full-color insert showcases many of the book's recipes If you're one of the millions of people looking for a safe, effective, and easy-to-follow diet with proven results, *Glycemic Index Cookbook For Dummies* has all of the information and recipes that will get you well on the way to a healthier you.

**The Low GI Diet Cookbook** Janette Brand Miller, 2005

**The Everything Low-Glycemic Cookbook** Carrie S Forbes, 2013-12-11 An easy-to-follow plan for healthy weight loss! If you're tired of sugar-free this and low-carb that, constantly restricting your diet to lose weight and stay healthy, *The Everything Low-Glycemic Cookbook* is the perfect choice for you! According to experts, switching to a low-glycemic index (GI) diet is the key to losing weight--and keeping it off. The GI diet isn't a low-fat diet; you won't find calorie counting or reduced portion sizes. In fact, following the low-GI diet just means eating more low-glycemic foods and avoiding others that have a high GI number. Popular food blogger Carrie Forbes has compiled 300 low-GI meals that are as tasty as they are healthy, including: Strawberry-banana pancakes Spicy cilantro dip Butternut squash soup Poached chicken with pears and

herbs Country-style pork ribs Easy vegetarian lasagna with spinach Grilled lemon-and-dill swordfish steaks Peanut butterûchocolate chip cupcakes Armed with glycemic index values of common foods and hundreds of recipes for satisfying, delicious dishes, you'll have all you need to lose weight and eat well--every meal of the day!

Low Glycemic Diet Cookbook Mitchel Vasquez,2017-03-24 Includes A Variety of Healthy Low Glycemic Diet Recipes For Controlling Blood Sugar Levels! Get This Low Glycemic Diet Cookbook For A Special DIscount (40% off)The low GI diet has been proven to be effective for treating weight gain and controlling diabetes. The low GI diet is based on consuming foods that have a low glycemic index rating. Below are some example of foods with a low GI. Examples of foods with a low GI: \* nuts \* oatmeal \* apples \* beans and lentils\* whole grains\* green vegetables Foods that have a low GI rating contain more fibre and this causes you to feel full for longer. These foods will give a steady rise in blood sugar, on the contrary high GI foods will cause sudden spikes in blood sugar levels. This low GI cookbook contains the most delicious and easy to make recipes that have a low GI rating. These delicious low GI recipes will make you forget you are even on a diet, we hope you enjoy this tasty selection!

The High-energy Cookbook Rachael Anne Hill,Nicky Dowie,2004 Whether you want to lose weight, increase your energy levels or reduce the risk of getting diabetes or other diseases, GI High-Energy Cookbook explains in clear language why you should be eating a diet based on foods with a low glycaemic index (GI). Writer and nutritionist, Rachael Anne Hill explains why this approach benefits everyone, not just those who want to lose weight. She gives practical advice on how to incorporate this approach into your daily diet, from supermarket shopping to choosing from a restaurant menu. And with over 60 low-GI, low-fat recipes which take only 20 minutes or less to prepare, there is plenty of inspiration for cooking the healthy way every day.

*Low-GI Cookbook* Louise Blair,2015-05-05 The Low-GI Cookbook provides over 80 delicious, healthy low-GI recipes, allowing you to enjoy the many health rewards a low-GI diet can bring without having to compromise on the taste or variety of your meals. Eating a low-GI diet is the ultimate way to high energy levels, permanent weight loss and great health. This practical book offers 80 mouthwatering recipes for every occasion, from quick-fix lunches such as Poached Eggs with Lentils & Rocket to delectable dinners including Baked Sweet Potato with Griddled Herb Chicken. There's no need to miss out on pudding either, with low-GI recipes for sweet treats such as Blackberry & Apple Tartlets and Fruity Bread & Butter Pudding. Together with expert information on how the glycaemic index works and why low-GI foods are so good for you, with The Low-GI Cookbook you'll find living the low-GI life is easy. Louise Blair is a home economist and food stylist, specializing in healthy recipes. She was a consultant for Diabetes UK and is the author of a number of books including Quick Cooking for Diabetes and Great Gluten-Free Baking, both published by Hamlyn.

The Low-GI Slow Cooker Mariza Snyder,Lauren Clum,Anna V. Zulaica,2013-06-18 Learn how to make healthy, hassle-free

meals that are low on the glycemic index (GI) in your slow cooker with recipes and guidance. Cooking dishes that score low on the Glycemic Index has never been easier—or more delicious. Make the recipes in this book by simply mixing the ingredients, tossing them into your slow cooker and coming back later to a ready-made meal. The Low-GI Slow Cooker includes: • French Toast Casserole • Vegetable Frittata • Cheesy Broccoli Gratin • Smoky Turkey Chili • Chicken Sausage and Kale Soup • Pulled Pork Tacos • Lamb Stuffed Bell Peppers • Mushroom and Eggplant Lasagna • Duck Legs with Shiitake Mushrooms • Spiced Sockeye Salmon with Greens • Braised Beef Short Ribs • Berry Cobbler • Chocolate Peanut Butter Custard If you want to get healthy and lose weight, while also lowering your risk of diabetes and heart disease, the recipes in this book are perfect for you. They minimize cholesterol and blood sugar reactions as well as the stress of cooking.

*GI High-Energy Cookbook* Rachael Anne Hill, 2010-11 This cookbook explains in clear language why you should eat foods with a low glycaemic index and gives practical advice on incorporating this approach into the diet, from supermarket shopping to choosing from a restaurant menu. There are also over 60 healthy recipes which take only 20 minutes to prepare.

**The Low GI Diet Cookbook** Dr. Jennie Brand-Miller, Kaye Foster-Powell, Joanna McMillan-Price, 2005-09-20 Based on the healthy low-GI eating principles established in *The Low GI Diet Revolution*, New York Times bestselling authors Jennie Brand-Miller and Kaye Foster-Powell, along with Joanna McMillan-Price, offer readers a companion cookbook packed with 100 delicious recipes that incorporate the top 100 low-GI foods. *The New Glucose Revolution Cookbook* covers everything from breakfast, snacks, and juices to dinner, dessert, and smoothies and features a special section on cooking essentials. Complete with important information on food shopping the low-GI way, kids meals, menu plans to suit our busy lifestyles, and gorgeous four-color photographs throughout, *The New Glucose Revolution Cookbook* makes sticking to a low-GI diet easy and enjoyable.

**The New Low Glycemic Diet Cookbook** Dr James Nicholas, 2020-07-23 Do you want to learn about Low Glycemic recipes? Do you want to know how to prepare the most delicious meals that fit your diet? Switching to a low-GI diet is the key to losing weight--and keeping it off, especially for those suffering from obesity, diabetes, and metabolic syndrome. This book provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss. Low-GI versions of traditionally high GI foods such as breads, pastas, desserts and casseroles are included. Forget low-carb, low-fat, low-calorie diets. This is a healthy eating plan that can be used for life to lose weight, feel energized, and be healthy. Here Is A Preview Of What You'll Learn...How to cook healthy meals Comprehensive Dietary Advice & Guidance Recipes with detailed instructions Each recipe contains the exact amount of calories, protein, carbohydrates and fat Fast and easy prep that requires no additional steps to prepare your meal Tips and Tricks Much, much more!

**Glycemic Diet Cookbook** Aaron Nelson Ph D,2020-09-04 The low glycemic (low GI) diet is based on the concept of the glycemic index (GI). Studies have shown that the low GI diet may result in weight loss, reduce blood sugar levels, and lower the risk of heart disease and type 2 diabetes. However, the way it ranks foods has been criticized for being unreliable and failing to reflect foods' overall healthiness. The glycemic index (GI) of a food is a measure of how a specific food with carbohydrates causes blood sugar to rise. It is given as a number compared to the effect on your blood sugar of eating either glucose (a type of sugar) or white bread. When you eat a food or beverage containing carbohydrates, your body breaks down the carbs into a type of sugar called glucose. The glucose goes into your bloodstream and causes your blood glucose (blood sugar) levels to rise. Compare to low-glycemic foods, high-glycemic foods lead to a quicker and greater spike in blood sugar levels. These spikes are considered unhealthy for a few reasons. They raise your average blood glucose levels. They place a higher demand for insulin on your body. They lead to more dramatic dips in blood glucose after the spike, potentially causing hunger, carbohydrate cravings, and weakness. A low-GI diet and meal plan can help you avoid the blood sugar roller coaster, but the GI is not on the nutrition label of most foods. Instead, you will probably to look at a list of the GI of foods. The following are several low-glycemic foods. The three GI ratings are: Low: 55 or fewer Medium: 56-69 High: 70 or more Foods with a low GI value are the preferred choice. They're slowly digested and absorbed, causing a slower and smaller rise in blood sugar levels. On the other hand, foods with a high GI value should be limited. They're quickly digested and absorbed, resulting in a rapid rise and fall of blood sugar levels. You can use this database to find the GI value (and glycemic load, described below) of common foods. It's important to note that foods are only assigned a GI value if they contain carbs. Hence, foods without carbs won't be found on GI lists.

**500 Low Glycemic Index Recipes** Dick Logue,2010 Discover low-GI versions of all the foods you thought you had to give up, and new foods just waiting to be discovered. You can cut the sugar without cutting flavor or variety!

**Low GI Cookbook** Janette Brand Miller, Jennie Brand-Miller, Kaye Foster-Powell, Joanna McMillan-Price,2011

*Low Glycemic Diet Cookbook For Beginners and Dummies* Sharon Bronson,2020-08-21 The low glycemic diet, also referred to as the glycemic index diet or the GI diet, has become very popular in recent years. Although it has been around for two decades as a means of controlling blood sugar in diabetics, it really began receiving a lot of attention from the general public when its principles were incorporated into well-known weight loss programs such as The South Beach Diet, the Zone Diet, and Nutrisystem. Very shortly put, low glycemic diets are based on the glycemic index (GI) which is designed to help people make food choices that will avoid insulin spikes and maintain a fairly constant blood glucose (sugar) level. To make navigating this page easier for you, I have made some quick links below, so that you can jump directly to your specific topic of interest. However, I do recommend reading the whole article for a proper, in-depth understanding of everything related to 'glycemic' (the foods, the index, the load etc.). The Glycemic Index and the concept of eating low glycemic foods

was created in the early 1980s by Dr. David Jenkins, a professor in the Department of Nutritional Science at the University of Toronto, Canada. It was originally designed as a way of helping diabetics manage their blood sugar levels, but in recent years it has also been used by those wishing to lose weight or simply adopt a healthier lifestyle. Basically, the GI is a measurement of the effect certain carbohydrate-containing foods have on your blood sugar. So, to understand the glycemic index, and any diet that uses its principles, you must first understand the relationship between the food you eat and blood glucose levels. The goal of the glycemic index is to help you identify low glycemic foods that will allow you to regulate your own blood sugar while avoiding all the extreme or sudden fluctuations. It was created by measuring the changes in blood sugar that occurred after eating carbohydrate-containing foods and then ranking them based on these effects.

*The Low GI: Vegetarian* Ellie Miller, All the dishes contain at least one low-GI food, which will lower the overall GI count. Most people following the low-GI diabetic friendly vegetarian diet should lose, on average, 2lb (1kg) each week HEALTHILY This perfectly and beautifully formatted book for kindle includes a Table of Contents you can rely on for delicious, easy-to-prepare recipes, without a lot of fuss. Recipes also include CALORIES and TIME TO COOK to help you to plan your diet and time. These recipes are for everyone in the family can enjoy these healthy and well-balanced 200 + recipes. Why Low GI Not all carbohydrate foods are created equal, in fact they behave quite differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. The low GI diet is the secret to long-term health reducing your risk of heart disease and diabetes and is the key to sustainable weight loss. A low glycemic index diet is one of the best ways to look after your health, and lose excess weight effectively and naturally. The weight reduced through a low GI diet approach is safe, and you will not find yourself needing to starve on just carrots and lettuce! The glycemic index ranks the foods from 0-100 according to the speed at which they affect your blood sugar levels in the 2 or 3 hours after eating. The low-GI diet will help you to lose weight while naturally controlling hunger and appetite, so, unlike other diets, the low-GI way of eating won't leave you with a sense of deprivation. The gradual release of energy from the low-GI foods will leave you feeling lively and looking good. why diabetic friendly? Diabetes is becoming a national epidemic. The number of new cases diagnosed increased by from 878,000 in 1997 to 25.8 million children and adults in the United States—8.3% of the population—have diabetes. Diagnosed: 18.8 million people Undiagnosed: 7.0 million people Prediabetes: 79 million people Shockingly, adult onset diabetes is now being diagnosed in children. Why Vegetarian? Consumption of meat & meat products have been established to be among the TOP cause of heart disease, hypertension and many types of cancers. You can stop the onslaught of these deadly diseases in their tracks by consuming more vegetables or by turning vegetarian.

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