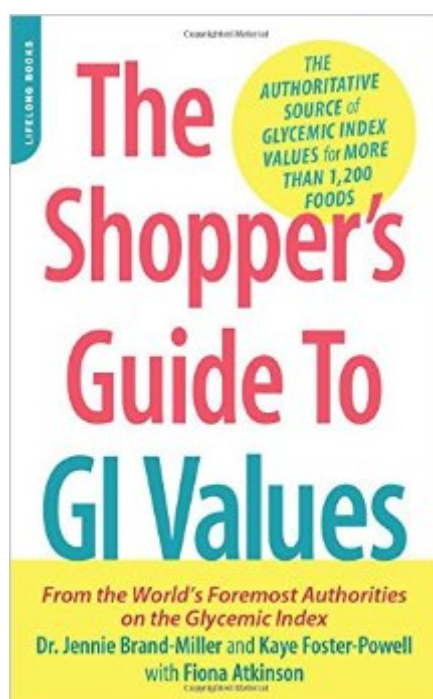


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# The Shopper's Guide To GI Values: The Authoritative Source Of Glycemic Index Values For More Than 1,200 Foods (The New Glucose Revolution Series)



## Synopsis

Diet trends come and go, but eating according to the glycemic index (to avoid blood sugar spikes) is a consistent, scientifically proven way to manage your health through your eating habits. The Low GI Shopperâ€™s Guide to GI Values 2015 makes it easier than ever! This go-to reference has everything you need to know to use the glycemic index, whether you are trying to lose weight or manage a chronic condition like diabetes. The GI tables' comprehensive lists of foods and their glycemic index values' are the key to unlocking the health benefits of a low GI diet. The 2015 edition of the Shopperâ€™s Guide also offers: nutritional data for more than 1,200 popular foods; definitive at-a-glance tables arranged by food category; tips for maintaining a gluten-free, low GI diet; facts about sugar and sweeteners; and shopping lists and tips for everyday meals and dining out.

## Book Information

Series: The New Glucose Revolution Series

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Average Customer Review: 3.7 out of 5 stars See all reviews (51 customer reviews)

Best Sellers Rank: #75,587 in Books (See Top 100 in Books) #76 in Books > Reference >

Consumer Guides #80 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food

Counters #87 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes >

General

## Customer Reviews

I read the first review on here about not being able to read the print but thought I would take my chances. Luckily refunded my credit card. Next time I will pay closer attention. The previous review is correct you can enlarge the print but it is a complete blur. I have ordered the paperback instead

Nice summary of GI values that are scientifically tested. However, many products listed are not available at my local grocery store. I think this has many products sold in Australia since the testing

is done in there. For staples and many international products this has information I need to keep my blood sugar on an even keel. I have found this book to be absolutely essential. Eating only slow and medium-fast absorbed carbs has made me feel better and kept my blood sugar at reasonable amounts. In spite of being diagnosed with prediabetes (or metabolic syndrome) many years ago, paying attention to the GI of foods has kept me from going into diabetes like my father and younger brother. I also don't get the low blood sugar that makes me irritable and tired like I used to because I know what to eat to keep my blood sugar at a low but steady rate. Vitally important information!

1200 foods rated, but you will have a hard time reading the graphs and will most likely require a magnifying glass. On a tablet you can forget about making the screen bigger, all that does is blur out the words. Better luck on a bigger PC monitor. Otherwise the book delivers on its promise :)

It had a lot of "store bought" brand products listed but missed a LOT of regular, pure, unprocessed foods. I couldn't find the GI listing for a lot of items. Wasn't real happy with this book.

I bought this book for one main reason. There was to be a GLYCEMIC LIST with informations relative to glycemic levels. I hastily read the book which I downloaded to my original Kindle Reader only to find that when I got to the pages for INDEX(s), the font was so small that I could barely (no exaggeration) see the listing to read. I was much disappointed. Felt defrauded since the whole point of the book was to see all the food groups as to GI levels. I checked this book out on my Kindle for computer also. Same dilemma. Small unreadable fonts in a picture graph that looked like it had been reduced to 8pt font or something. Got taken. Not happy :( I gave one star for GI background information, otherwise I'd not have given any referral stars.

Bought several books on this topic at the same time. Useful, but you have to determine for yourself how it all works in your life. Being very mindful of your carb intake/especially sugar intake will no doubt do more for your health than those consuming those low fat/carbo-loaded Snackwells. Get some reference books and decide for yourself, but it's a go for me and the weight that has plagued me all my life is simply sliding off with zero sensation of starving and without a whole lot of contemplation or feeling like I am going without. I'm eating very differently but have far more energy in my exceptionally demanding life, and honestly don't miss the stuff I'm willingly passing by. All good.

THIS SEEMED VERY ACCURATE & PRETTY THOROUGH. THE MOST INFORMATION SEEMS TO BE ABOUT NUTRISYSTEM, THOUGH. THAT WOULD HAVE BEEN FINE, EXCEPT I WASN'T DOING THEM. I THINK, YOU PROBABLY GET THAT INFO FROM THEM WHEN YOU ACTUALLY GET THEIR MEALS. I WAS LOOKING FOR HELP FIXING MY OWN MEALS. I THINK THE LOW GLYCEMIC INDEX MAKES SENSE, BUT IT'S CONFUSING TO PUT TOGETHER ON YOUR OWN.

I got this specifically for my Kindle and while the general text is fine and my problem is that the charts listing the glycemic load are way too small to read on a Kindle. I tried enlarging the type, changing margins, etc. The regular type changed but nothing in the charts changed size. I would need a magnifying glass to read the charts on my Kindle and that's just unrealistic.

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