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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. Eating low

glycemic foods was 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. 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.

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?

In this book, you'll learn

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