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**The Low GI Diet
Made**

The Holford Low-GL Diet Made Easy explains: how GL is more accurate than GI, the principles of low-GL eating, how to get started, portion sizes, adding up your GL count, and foods to avoid. There are also three weeks of day-by-

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day menus and mouth-
watering recipes.

**The Low-GL Diet
Made Easy: Holford,
Patrick:
8601404408595 ...**

Always include a
protein-rich food as
part of your meal to
reduce the GL. Chose
from lean meat, fish,
poultry, eggs, low-fat
dairy foods, soya
products, or quorn.
Adding acidic foods
such as balsamic

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vinegar, lemon juice,
vinaigrette, or pickles
(for example, capers
and gherkins) to your
meal reduces the
overall GL.

The GL Diet For Dummies Cheat Sheet - dummies

The Low-GL Diet Made
Easy. Description. IN
THIS BOOK. The
Holford Low-GL Diet
Made Easy clearly
highlights the basics of
Patrick Holford's

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bestselling diet, so that
you can get started
and feel the benefits
straight away. It
explains the
revolutionary Glycemic
Load (GL) system and
reveals which foods are
low GL heroes and
which foods should be
avoided.

**The Low GL Diet
Made Easy by
Patrick Holford ...**

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ratings for The Low-GL
Diet Made Easy at
Amazon.com. Read
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Customer reviews:
The Low-GL Diet
Made Easy

You should build your
diet around the
following low GI foods:
Bread: whole grain,
multigrain, rye,
sourdough Breakfast

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cereals: steel cut oats,
bran flakes Fruit:
apples, strawberries,
apricots, peaches,
plums, pears, kiwi,
tomatoes, and more
Vegetables: carrots,
broccoli, cauliflower,
celery, ...

Low Glycemic Diet: Its Effects, What to Eat and Avoid, and

...

This full colour, clearly
designed book
highlights the basics of

Read Free The
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the bestselling diet.

Way To Lose
Weight Gain
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The Holford Low-GL
Diet Made Easy
explains: how GL is
more accurate than GI,
the principles of low-GL
eating, how to get
started, portion sizes,
adding up your GL
count and foods to
avoid. There are also
three weeks of day-by-
day menus and mouth-
watering recipes.

**The Low-GL Diet
Made Easy: the**

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**perfect way to lose
weight...**

Vegetables and animal protein are both low glycemic so combining the two makes for a great low-glycemic meal you can prepare quickly! The dark greens also give you a good source of vitamin A and vitamin C, not to mention fiber! Grilled Chicken Spinach Salad Recipe

Low-Glycemic
Page 12/25

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**Recipes for
Breakfast, Lunch,
and Dinner ...**

Low-GI bread has more whole grains and fewer processed ingredients, which makes it healthier than processed white bread. Extra fiber lowers its glycemic index. The Best Breads for a Low Glycemic Diet | Livestrong.com

**The Best Breads for
a Low Glycemic Diet**

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| **Livestrong.com**

The Science Behind
GOLO – controlling
glucose, maintaining
healthy insulin levels
and eliminating
conventional starvation
dieting is the secret to
lasting weight loss and
wellness. Now you can
easily reach your goals
and enjoy food without
guilt or fear of gaining
weight. You simply
take 1 Release with
your meals, eat
balanced meals, and

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eliminate diet foods.

Way To Lose

**GOLO Weight Loss
Program | GOLO For
Life Recipes | GOLO**

The Low-GL diet Made
Easy follows pretty
much the same format;
bright glossy pages
with colour codes when
it comes to the recipe
sections. There are the
same tables in this,
along with the same
shopping list for ideas
on what to have in the
house to get started.

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**Comparison: Low-GI
Diet Made Easy vs
Low-GI Diet
CookBook ...**

Identifying low GI foods is only part of the challenge when it comes to healthy eating. Including them into a delicious and nutritious meal is the next step. To provide you with inspiration, we have provided delicious recipes to try.

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**Recipes & Meal
Plans - Glycemic
Index Foundation**

Non-Starchy
Vegetables — Most
veggies are very low
GI, with GL values
between about 1-7. Try
to include these with
every meal, especially
all types of lettuce and
leafy greens, broccoli,
spinach, onion, green
beans, artichokes,
peppers, and others.

Low Glycemic Diet:

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**Benefits, Effects,
Foods and Sample ...**

Eight principles of low-glycemic eating Eat a lot of non-starchy vegetables, beans, and fruits such as apples, pears, peaches, and berries. Even tropical fruits like bananas, mangoes, and papayas tend to have a lower glycemic index than typical desserts.

8 principles of low-glycemic eating -

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Harvard Health

Your low-glycemic foods for treating diabetes would include 100% stone-ground whole wheat breads and pastas, cooked barley, quinoa, white beans, cooked chickpeas, green lentils, raw carrots, and most fruits and non-starchy vegetables like plums, apples, broccoli, tomatoes, and cabbage.

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**Glycemic Index and
Glycemic Load Chart
for Diabetics**

Breakfast: 2 medium
eggs, scrambled in a
little skimmed milk,
with chopped fresh
tomato, served on 1
medium slice
stoneground
wholemeal toast
spread with a little low-
fat spread. Lunch: 1
portion of ready-made
guacamole (avocado
dip), served with
crudités and a

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wholemeal pitta,
sliced; 1 low-fat diet
fruit yogurt. Snack: 1
large apple.

Low GI Diet Plan - 7 Day Diet With Easy Low GI Recipes

Selecting foods based
on a glycemic index or
glycemic load value
may help you manage
your weight because
many foods that should
be included in a well-
balanced, low-fat,
healthy diet with

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minimally processed
foods — whole-grain
products, fruits,
vegetables and low-fat
dairy products — have
low- GI values.

**Glycemic index diet:
What's behind the
claims - Mayo Clinic**

The Holford Low GL
Diet book. Read 5
reviews from the
world's largest
community for readers.
TWO SIMPLE RULES 1.
Eat no more than 40

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GLs a day 2. Eat...

Way To Lose
**The Holford Low GL
Diet: Lose Fat Fast
Using the ...**

The Low-GL diet book
contains all the
information you need
to understand the
concept of a low-GL
diet and to get started
along with a few
recipes. The diet is
very easy to follow and
in my first week, I lost
3lbs just by following
the principles outlined

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in the book and not
necessarily the recipes.

Amazon.co.uk: Customer reviews: The Low-GL Diet Made Easy ...

THE LOW-GL DIET MADE EASY explains the revolutionary Glycemic Load (GL) system and tells you which foods are low-GL 'heroes' and which foods you should avoid, how to get started, portion size and how to

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add up your GL count.
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improve your
ecf8427e.
Health