



# **The New Glucose Revolution: The Authoritative Guide to the Glycemic Index - the Dietary Solution for Lifelong Health**

*Jennie Brand-Miller, Thomas M.S. Wolever, Kaye Foster-Powell, Stephen Colagiuri*

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The New York Times bestseller, by the world's leading authorities on the glycemic index, now completely revised and updated: More useful and relevant than ever, The New Glucose Revolution is the definitive introduction to and an essential source of new information for everyone seeking to establish a way of eating for lifelong health, no matter what your current age, weight, or medical or physical condition. Widely recognized as the most significant dietary finding of the last twenty-five years, the glycemic index (GI)—an easy-to-understand measure of how foods affect blood glucose levels—shows how and why eating low-GI foods has major health benefits for everybody, every day, at every meal. This all-new third edition includes:  
? The latest scientific findings on the GI and the myriad benefits of eating low-GI foods ? Instantly readable tables of GI and glycemic load values for more than 500 popular foods and prepared meals, including brand-new GI values for 125 foods ? Dozens of delicious, easy low-GI recipes for everyday meals and snacks ? A brand-new A–Z of the 100 key terms used throughout the book ? Answers to nearly 50 of the most frequently asked questions about the GI

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