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## Antony Worrall Thompson's GI Diet: The Diet That Nutritionists Recommend (New edition)

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By Antony Worrall Thompson, Mabel Blades, Jane Suthering

Kyle Books. Paperback. Book Condition: new. BRAND NEW, Antony Worrall Thompson's GI Diet: The Diet That Nutritionists Recommend (New edition), Antony Worrall Thompson, Mabel Blades, Jane Suthering, The Glycaemic Index (GI) is a measure of how fast carbohydrates are broken down by your body and therefore how fast they raise blood sugar levels. Unlike other diets, it distinguishes between different types of carbohydrates, so that you don't have to eliminate any food groups, allowing you to eat a balanced range of foods and ensuring that your weight loss is steady and healthy. And your diet is easier to follow! Foods are divided up into low, medium and high GI. Low-GI foods are slow to digest, making you feel less hungry and helping you lose weight. The GI of a dish can be affected by a number of factors - fibre and fat content, preparation and cooking method. Antony Worrall Thompson and dietitian Mabel Blades have simplified it, so all you have to do is follow their advice and watch the weight fall off. The GI Diet will revolutionise your eating habits, and with over 100 delicious and specially crafted recipes that fit into daily life, including carbs that will help...



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