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500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat

Dick Logue

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500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss. Low-GI versions of traditionally high GI foods such as breads, pastas, desserts and casseroles are included.

Forget low-carb, low-fat, low-calorie diets. This is a healthy eating plan that can be used for life to lose weight, feel energized, and be healthy.

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