



# Glycemic Index Cookbook

*Editors of Favorite Brand Name Recipes*

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## **Glycemic Index Cookbook** Editors of Favorite Brand Name Recipes

The Glycemic Index Cookbook presents 65 recipes that make it easy and delicious to control your blood sugar and your weight. You'll find recipes for energy-packed breakfasts, satisfying main courses, and smart snacks and treats all with low GI values.

The book's introduction explains the benefits of low GI eating. Foods with high GI numbers raise blood sugar quickly and cause you to crave more starch and sugar. You'll learn how to cut back on refined carbohydrates and enjoy flavorful low-carb food instead. Nutritional information is listed with each recipe, including number of calories, carbohydrates, total fat, saturated fat, and fiber, giving you the information you need to help you stick to a low GI diet plan. You'll want to try these great recipes from the cookbook:

Goat Cheese & Tomato Omelet

Salmon Black Bean Patties

Greek Chickpea Salad

Spinach Artichoke Gratin

Tuna Tabbouleh Salad

Blueberry-Pear Tart

Full-color photos accompany most recipes. The Glycemic Index Cookbook is spiral-bound and lies flat when open for convenient use, and the embossed, high-gloss hard cover stands up to repeated use. A helpful recipe index and a handy metric conversion chart provide at-a-glance convenience.

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