



GI High-Energy Cookbook: Low-GI Recipes for Weight Loss, Health, and Vitality

Rachael Anne Hill

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This invaluable book shows you how you can lose weight, improve your overall health, increase your energy level, reduce food cravings, and reduce your risk of cancer and diabetes simply by making a few changes to the sort of foods that you eat. The core of this approach is the glycemic index (GI) - a measure of how quickly the energy from a carbohydrate is absorbed into the bloodstream. In this book Rachael Anne Hill explains how to cut down on quick energy release foods, as well as saturated fats, and how to replace them with a good-carb diet based on low-GI foods, unsaturated fats, low-fat proteins, and fruits and vegetables rich in vitamins, minerals, and antioxidants. She then offers a huge selection of easy recipes for breakfasts, snacks, quick lunches and suppers, and entertaining dishes, with photography by Nicki Dowey. Masses of practical advice on how to incorporate the low-GI approach into your daily diet. With more than 60 low-GI, low-fat recipes, there is plenty of inspiration for cooking the healthy way every day.

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