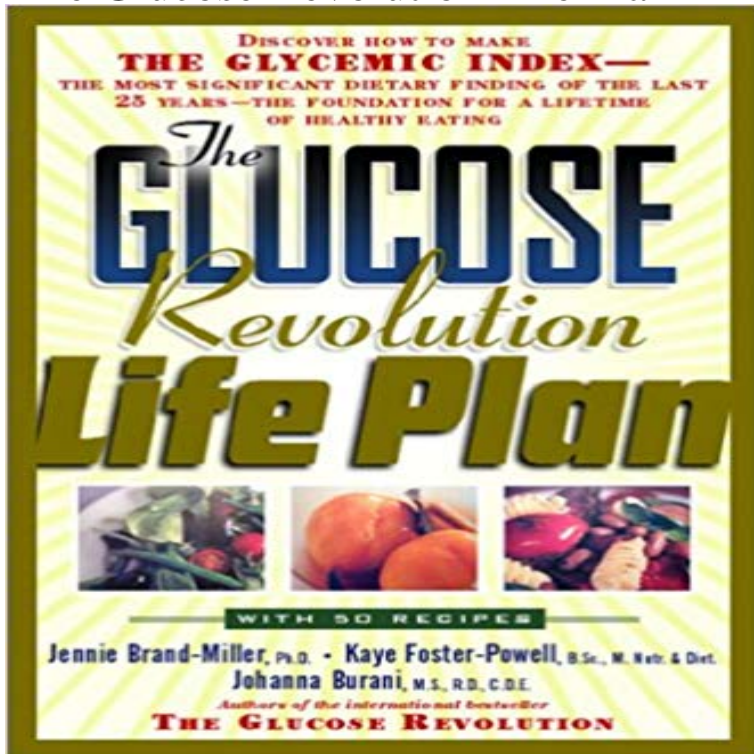


The Glucose Revolution Life Plan



From the Authors of the International Bestseller The Glucose Revolution- An All-in-One Resource to the Lifelong Benefits of the Glycemic Index- the Scientifically Proven Tool that Will Revolutionize What Foods You Eat In 1999 The Glucose Revolution provided the most authoritative and comprehensive information ever published about the glycemic index-widely recognized as the most significant dietary finding of the last 25 years. That book instantly became a national bestseller, garnered praise from major health and medical figures worldwide, and has sold more than half a million copies in 10 countries. Now The Glucose Revolution Life Plan shows how to make the glycemic index (G.I.) the foundation for a lifetime of healthy eating. Both an introduction to the benefits of low-G.I. foods and an essential source of new information for those already familiar with the concept, it charts a clear course through today's complicated nutrition maze-and offers easy-to-follow guidelines for choosing the diet that's right for you. In addition to all the latest findings about the glycemic index, you'll also discover: * Key facts and myths about fats * The pros and cons of high-protein diets and how they compare to a low-G.I. carbohydrate approach * The benefits of omega-3 fatty acids and of Mediterranean- and Asian-style cooking * Fifty delicious, exciting, and easy-to-prepare recipes with complete nutritional information * The most up-to-date and comprehensive table of glycemic index values published anywhere The Glucose Revolution Life Plan is the ultimate-and essential-resource for establishing a healthier way of eating and living, no matter what your current age, weight, or physical condition.

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