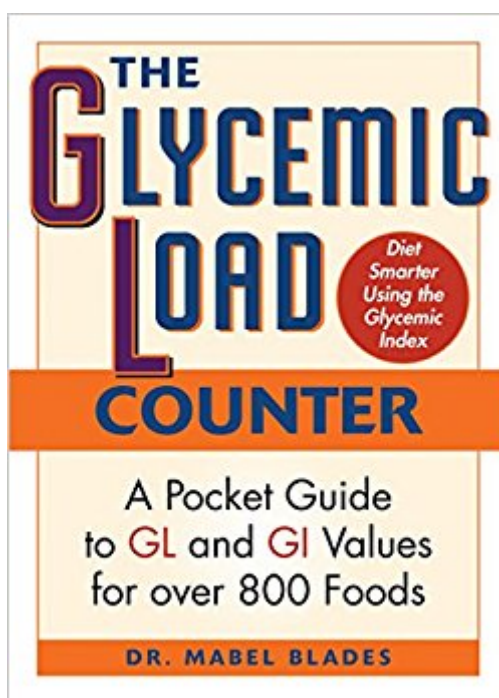


The book was found

The Glycemic Load Counter: A Pocket Guide To GL And GI Values For Over 800 Foods



Synopsis

YOUR COMPLETE POCKET GUIDE TO GL VALUESBased on the proven science of the Glycemic Index (GI) but easier to use, Glycemic Load (GL) dieting is the easiest, most powerful tool for losing weight, controlling diabetes and following a healthy day-to-day diet. GL values give a more accurate measure of the way different foods affect your body by adjusting the GI score for portion size. For example, an orange is a much healthier snack than a candy bar, but the orange has a higher GI value (42) than the candy bar (41). But when adjusted to the real-world portion, the healthier snack becomes obvious—the orange has a low GL value of 4 compared to the high GL value of 26 for the candy bar! GL, GI Plus calories, carbs and fat for over 800 popular foods. User-friendly Convenient design and straightforward A to Z lists No more math Each food's serving size is already computed into the GL score Glycemic Response Advice on different types of foods and your body's reaction to each one, from meats and vegetables to breads and fruits.

Book Information

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Customer Reviews

Dr. Mabel Blades is the managing director of Nutrition and Dietetic Services, which she formed after leaving Britain's NHS (National Health Service), where she managed the Nutrition & Dietetic Service.

There are no portions given to help a person calculate what the GL is for the amount of food they are/have eaten. In one place it said the serving size for canned vegetables was 3 TBLS. REALLY!

Who would ever measure vegetables by TBLS unless it was baby food. In another place it said the average serving size was 1/2 cup. Too much conflicting information and not enough helpful guidelines. Sorry I bought it! To all would-be buyers...DON'T WASTE YOUR MONEY!

I bought this as a companion to the GL Load index diet book. While it is far more extensive than what the book provides, it does not go far enough. Eight hundred (800) foods sounds like a lot but it is not. However, it was enough to give me ideas as to what has a high GL and what does not. If you read the GL diet book and "The New Glucose Revolution" you will find that it is hard to really measure the load because of the testing methods. Perhaps that is why they can list only 800 foods. I like the book because the lay out is excellent - large type face, easy to read columns, simple explanations about the GL without over doing it. I rated it as a 3 because of the limitations. However, I would recommend it as a handy reference, especially if you can get it inexpensively through .

I am extremely interested in the Glycemic Load principle, and have been looking for a pocket guide with the amounts of each food. This booklet is USELESS. I am surprised that a publisher even allowed her to put it on the market!!! I see she lived in the UK, but she gives such a crazy list of foods. My family just moved back from living in the UK, and they laughed at it. Strange foods in it, but nothing much for normal stuff. i.e. Beets. She has the glycemic load for fresh beets, but no mention of canned beets. How many of us cook raw beets for a salad????

Just the information I was wanting, small enough to carry in purse so you can glance at it if needed while shopping. No complaints.

I thought it would be a handy complement to Dr. Rob Thompson's books, but it isn't. Buy his books instead.

Not an easy reference book. Strange arrangement. Cannot just go to food and find the GL or GI. Hve to search.

This book is inaccurate and misleading. It should not be offered in a package with Dr. Thompson's GL Load titles since it directly contradicts his carefully research information. He says avoid starches; this book says that starches should make up 1/3 of your diet. As other reviewers have noted, serving size is not clearly described. High GL foods appear to be low (like muffins). I will be not be

using it.

For one who lives with hypoglycemia, I am happy to find this small but useful guide, laid out in clear terms, to use as a confirmation and check against all the labels I need to read to avoid pushing blood sugar levels up. I do not carry it with me (although it is listed as a pocket guide), because a full browsing of the book, gave me enough lead to understand components which 'load', to wake up to risks, and to shake up so far 'avoided' measures on fats, too ! Those latter percentages alongside, are an added bonus. My food shopping is much less vague, so sneaky carbs which turn to glucose etc, have less opportunity to affect my days and energies. While I appreciate the little book (selected from among others more detailed), I do not, though, appreciate the tripling of costs for postage and packing from America. The item may be received in perfect order, but the original cost info is grossly misleading. Watch out - you'd never pay that total in shop !

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