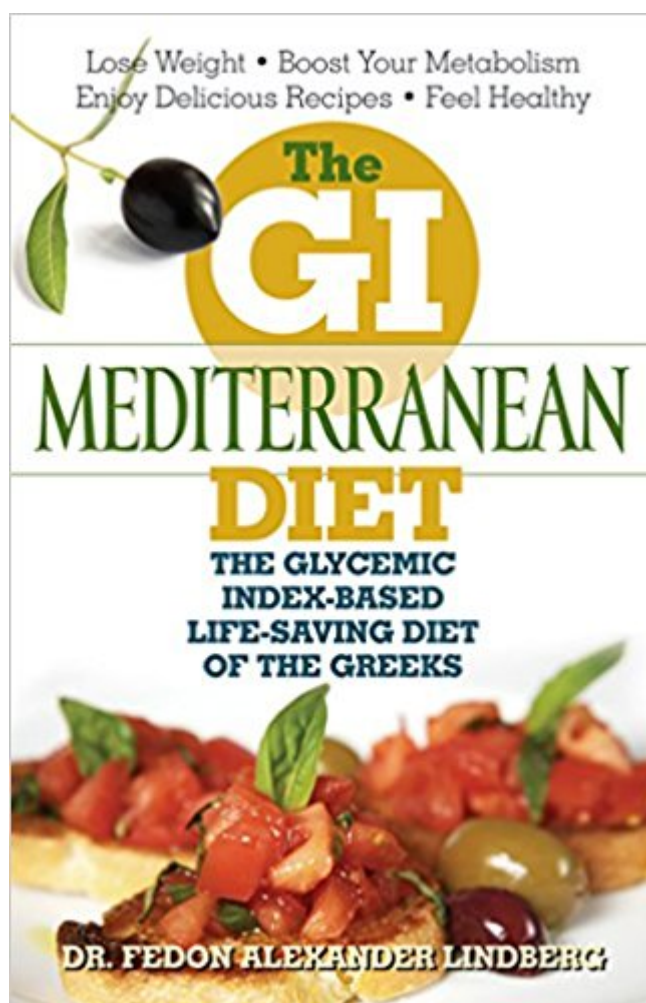


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# The GI Mediterranean Diet: The Glycemic Index-Based Life-Saving Diet Of The Greeks



## Synopsis

UNLEASH THE FULL POTENTIAL OF THE MEDITERRANEAN DIET From salads of tomato, cucumber and feta to savory moussaka and tangy tzatziki, the Mediterranean diet's mix of whole grains, fresh vegetables and oily fish has proven incredibly healthy and naturally slimming. Now, this book applies the science of the Glycemic Index to the traditional diet of the Greeks to create an even more powerful program for healthy weight loss. Accounting for the GI/GL effect of each food, the plan in this book maximizes your metabolism by balancing carbs, fats and proteins. The ultimate combination of Old World wisdom and modern science, *The GI Mediterranean Diet* includes:

- 48 traditional Mediterranean recipes
- Easy-to-follow, 4-week meal plans
- GI/GL rankings for over 200 foods

Discover how adding these delicious food to your diet could save your life by helping you:

- Lose Weight
- Fight Heart Disease
- Lower Blood Pressure
- Prevent Diabetes

## Book Information

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## Customer Reviews

The Easy G.L. Diet Handbook-Fedon -Alexander Lindberg -9781569755747-10.00-ULYSSES PRESS-12/2006-10500--Eating the Greek Way-Fedon -Alexander Lindberg -9780307381101-25.00-Clarkson Potter-06/2007-2500--

The Easy G.L. Diet Handbook|Fedon |Alexander Lindberg |9781569755747|10.00|ULYSSES PRESS|12/2006|10500||Eating the Greek Way|Fedon |Alexander Lindberg

Excellent, clearly written book. Dr. Lindberg states facts based on personal research, observation, and his own experiences with diets and how the different ones can affect different people. The book contains very tasty recipes, and explains how certain foods are important, and which ones are empty calories, worthless, or even harmful. I'd recommend this book not only to those wanting to lose weight -- and if you follow the guidelines and suggestions therein, you will lose weight -- but to anyone wishing to improve their dietetic nutrition. I'm pleased to have had his book recommended to me by Health Alert.

This is not a diet but a way of life. It's about eating lower glycemic fresh good foods. Since this book was published there are many new interesting health foods that can be used as part of the book. One is pasta made from bean or lentil flour. This way of eating will definitely help you feel more energetic, lower your blood sugar levels, and help your blood lipids improve. No gimmicks, just good food in the right portions.

I have lost 15 pounds in the last 5 weeks and I feel much better. My bloodsugar levels are back to normal and I got rid of acid and upset stomach.

I found this book to be extremely educational. It clearly shows the reasons why this diet is so good for creating and maintaining health and wellness. The explanation of determining whether you have the appropriate Body Mass Index, Waist to Hip ratio, determining optimal exercise heart rate along with determining how many grams of protein one needs based on their particular body was all very helpful. There are not a ton of recipes, so one might want to supplement the book with a second one that gives additional menu ideas. I like to know WHY I am doing something, and if you are the same I believe you might appreciate having this as a good reference book and guide. This book was recommended to me by two health professionals and I am glad to have a copy.

So far this book is what I expected; a diet on lowering blood sugar spikes, eating lots of veggies and fruit and eliminating or cutting back on white flour, sugar and processed food. It was a bit tedious to get through some chapters, but once I understood the diet and what to do it became a bit more interesting. I have only been on the new eating plan a couple of weeks, and have not weighed myself since starting, so I am not sure if I have lost weight, but I can tell you it is pretty easy to stick

to. The recipes are tasty and give you some interesting ways to prepare vegetables, since you have to eat so many, variety is a must! I love the Greek inspired yogurt sauces, as well as eating oily fish like Salmon. I can see myself sticking to this routine because you're eating real food and nothing is really off limits, just occasionally treat yourself to food it suggest you avoid. It's not a no carb diet because you can have a reward meal once a day and eat whole grains, brown rice etc. It's pretty flexible and focuses on long term health rather than a quick fix to lose a few pounds. I will update this review after a month when I weight myself.

Finished reading the book last night....took me awhile to get through it, mostly because of all of the scientific info in it. I'm not a scientist...just need to know what I need to do to be healthier and lose/control weight. The plan itself seems quite doable, but the recipes, for the most part, don't look like something I would try...a couple of them maybe. Before I started reading the book, was mostly following the Mediterranean already...not a bad book, but maybe, for me, it was scientific information overload. I believe in keeping things simple....the plan itself IS simple, but the first 165 pages were "tough sledding" for this reader.

great recipes and easy to read!

This is a great book, suggest it to everyone.

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