



# **The Complete Idiot's Guide Glycemic Index Cookbook (Complete Idiot's Guides (Lifestyle Paperback))**

*Joan Clark-Warner, Lucy Beale*

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*Cook these recipes up, and keep blood sugar down.*

With over 325 delicious and healthy recipes, *The Complete Idiot's Guide® to the Glycemic Index Cookbook* is an invaluable reference for choosing foods according to their GI, a system of classifying carbohydrate-based foods by how much they raise blood sugar. Diabetes, insulin resistance, heart disease, and obesity may be avoided by following the glycemic index. Practical and easy to use, this is the one cookbook anyone concerned with their blood sugar will want to have in the kitchen.

- More than 325 recipes
- Includes both the GI value and a GL (glycemic load) rating for each recipe
- 18 million people in the U.S. have type 2 diabetes and the number is growing

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