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# ***The Low GI Diet Made Easy The Perfect Way To Lose Weight Gain Energy And Improve Your Health***

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**The Low GI Diet Made  
The low-glycemic (low-GI) diet**

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***is based on the concept of the glycemic index (GI). Studies have shown that the low-GI diet may result in weight loss, reduce blood sugar levels and lower the risks of heart disease and type 2 diabetes.***

***Amazon.com: Customer reviews: The Low-GL Diet Made Easy ...***

***The Low-GL diet Made Easy follows pretty much the same format; bright glossy pages with colour codes when it comes to the recipe sections. There are the same tables in this, along with the same shopping list for ideas on what to have in the house to get started.***

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***A Beginner's Guide to the Low-Glycemic Diet***

***The Low-GL Diet Made Easy [Patrick Holford] on Amazon.com. \*FREE\* shipping on qualifying offers. Patrick Holford's revolutionary diet, based on balancing your blood sugar, is the most safe***

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**The Low GL Diet Made Easy by  
Patrick Holford ...**

**Include lots of low-GL fruit  
and vegetables at every meal.**

**Aim for a minimum of five  
servings of fruit and veg per  
day. Lightly cook veggies for  
the minimum time or eat  
them raw. Fresh, frozen, or  
canned fruit and veg are all  
fine. Make more of pulses  
including peas, beans, and  
lentils in soups, salads,...**

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**The 'Low-GL' Diet Cookbook: Easy, recipes for weight loss**

**Buy from the Patrick Holford Weight Books Range - HolfordDirect.com. Range includes The Low GL Diet Bible, The Low GL Diet Made Easy, Food Glorious Food and more.**

**Low-GI dinner recipes | BBC Good Food**

**Increase your intake of whole fruits and vegetables.**

**Vegetables and fruits are not only rich in filling fiber, but they're also loaded with antioxidants and phytochemicals. Certain antioxidants, such as vitamin C, have been linked with**



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**reducing belly fat by helping to regulate stress hormones in the body.**

**Comparison: Low-GL Diet Made Easy vs Low-GL Diet CookBook ...**

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**Patrick Holford Metabolism Book Range - HolfordDirect.com**

**"The Holford Low-GL Diet Made Easy" explains: how GL is more accurate than GI, the principles of low-GL eating, how to get started, portion sizes, adding up your GL count and foods to avoid. There are also two weeks of**

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**day-by-day menus and mouth-watering recipes.**

***The Lowdown on Glycemic Load - Diet and Nutrition Center ...***

***Why follow a Low GI Diet? What about Glycemic Load? What is the Food Insulin Index? Top Tips to Go Low GI; GI Symbol. What is the GI Symbol Program? GI and Health Claims; ... for the latest news on the glycemic index, certified low GI food products, and low GI recipe inspiration.***

***The Low-GL Diet Made Easy: Patrick Holford: 8601404408595 ... The Holford Low-GL Diet Made***

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**Easy clearly highlights the basics of Patrick Holford's bestselling diet, so that you can get started and feel the benefits straight away. It explains the revolutionary Glycemic Load (GL) system and reveals which foods are low GL heroes and which foods should be avoided.**

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**we're here to help.**

**Low-GI breakfast recipes |  
BBC Good Food**

***By definition, fiber is the part of plant foods that cannot be digested by the body, so fiber-rich foods like beans, nuts, dried fruits and high-fiber cereals, pasta and breads are inherently low on the GI.***

***Focus on boosting fiber by eating more foods like these and you won't have to think about GI. 3.***

***4 Easy Tips for Eating Low on the Glycemic Index |***

***EatingWell***

***Buy The 'Low-GL' Diet Cookbook: Easy, recipes for weight loss, health and***

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***The GL Diet For Dummies Cheat Sheet - dummies The Low GI Diet Cookbook gives you further recipes. Also, if you're entertaining, try one of the recipes in Delicious, Healthy, Sugar-Free which are all low GL. Talking of sugar, make sure you have some xylitol, which has a ninth of the GL of regular sugar. If you're tempted, one sachet is only 1 GLs.***

***Low Glycemic Impact Recipes***

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- [Allrecipes.com](http://Allrecipes.com)

***Foods with a low glycemic load of 10 or less: Kidney, garbanzo, pinto, soy, and black beans Fiber-rich fruits and vegetables, like carrots, green peas, apples, grapefruit, and watermelon Cereals...***

***The low GL diet mindset - Low GL Diet - Patrick Holford Most Made Today. The Best Vegetarian Chili in the World. Grandma's Slow Cooker Vegetarian Chili. Eggplant Parmesan II. Laura's Quick Slow Cooker Turkey Chili. Grandma's Chicken Noodle Soup. Szechwan Shrimp. Pasta with Fresh Tomato Sauce.***

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