



The New Glucose Revolution Pocket Guide to Diabetes

Jennie Brand-Miller Ph.D., Kaye Foster-Powell B.Sc. M. Nutri. & Diet, Johanna Burani

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From the best-selling authors of *The Glucose Revolution* comes a newly revised and expanded edition of the guide that's helped thousands of type 1 and type 2 diabetics choose the right foods for better blood glucose control. The glycemic index has been endorsed by many of the leading diabetic organizations around the world as an important tool in the dietary management of diabetes. In this pocket guide, the topics covered include why many so-called taboo foods don't really cause unfavorable effects, why diets based on low glycemic index foods improve blood sugar control, how to prepare complete low glycemic index meals, and much more.

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