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Low Glycemic Happiness: 120 Custom-Crafted Low Glycemic Load Recipes for Blood Sugar Control

By Maury M Breecher; Judy Lickus

Diabetes Manager, LLC, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: Low Glycemic Load Eating for Blood Sugar Control

Low Glycemic Happiness is full of groundbreaking low carbohydrate, low glycemic load recipes for people who have diabetes, or worry about diabetes. LGH contains 120 low carb, low glycemic load recipes suitable for blood sugar control. These recipes -- 30 breakfasts, 30 lunches, 30 dinner entrees, 30 sides, plus a bonus of 30 additional snacks -- are easy-to-prepare, healthy, and low in carbohydrate content and glycemic impact. You will be able to create delicious low glycemic meals in minutes. "Low glycemic" is a term that describes a carb-based food which does not rapidly raise blood sugar levels when the proper amounts are eaten. That's where the Glycemic Load comes in. It is a formula that makes it much easier to control your blood sugar levels because it tells you exactly how much carbohydrate is in a single serving. Controlling blood sugar levels is vital for anyone living with diabetes and for those who are pre-diabetic. Indeed, top authorities say that if you are prediabetic you may be able to prevent the "tipping point" into...



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Reviews

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