



The New Glucose Revolution for Diabetes: The Definitive Guide to Managing Diabetes and Prediabetes Using the Glycemic Index (Marlowe Diabetes Library)

*Dr. Dr. Jennie Brand-Miller M.D. M.D., Kaye Foster-Powell M. Nutr & Diet, M.D. Stephen Colagiuri M.D.,
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The New Glucose Revolution for Diabetes is the first comprehensive guide to using the glycemic index to control type 1 diabetes, type 2 diabetes, prediabetes, and more. The book features the latest, most accurate information with new findings by the authors. It includes GI-based recipes and menus for type 1, type 2, prediabetes, gestational diabetes, and juvenile diabetes, as well as related conditions like obesity and celiac disease, plus practical dietary guidance on sugar, sweeteners, alcohol, snacking, and eating out.



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