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Description : The New Glucose Revolution Low GI Guide to Diabetes is the only guide providing up-to-date information about using the GI to help manage Type 1 and Type 2 diabetes. GI experts Brand-Miller and Foster-Powell explain why diets based on low GI foods improve blood sugar control, which types of carbohydrate are best to eat, and why many so-called "taboo" foods don't really cause unfavorable effects.

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Dr. Allen is currently working on a fat storage index that measures the actual fat stored as a result of eating

various kinds of food. One difference between this approach and the glycemic index is that the new approach also measures the fat storage effects of such items as diet drinks and sugarless chewing gum.

Continuing the Glucose Revolution | Diabetes Health

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The book I read to research this post was The Glucose Revolution which is a very good book which I bought from a local bookstore. This book is about the Glycaemic Index of food and how you can use this information to help you eat a healthy diet.

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