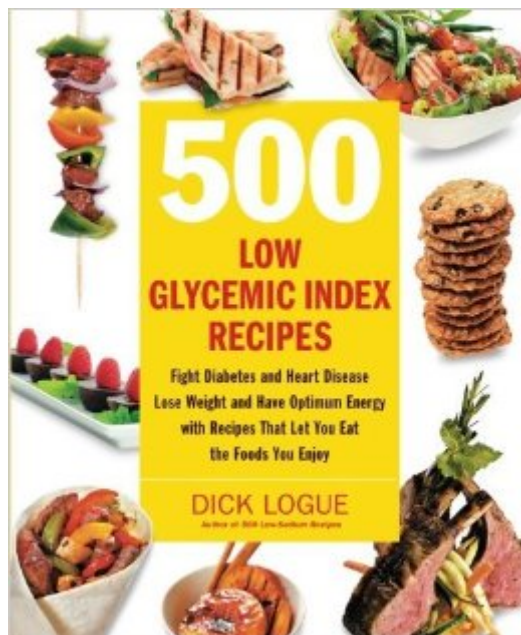


The book was found

# 500 Low Glycemic Index Recipes: Fight Diabetes And Heart Disease, Lose Weight And Have Optimum Energy With Recipes That Let You Eat The Foods You Enjoy



## Synopsis

500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss. Low-GI versions of traditionally high GI foods such as breads, pastas, desserts and casseroles are included. Forget low-carb, low-fat, low-calorie diets. This is a healthy eating plan that can be used for life to lose weight, feel energized, and be healthy.

## Book Information

Paperback: 512 pages

Publisher: Fair Winds Press; 1 edition (June 1, 2010)

Language: English

ISBN-10: 1592334172

ISBN-13: 978-1592334179

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (82 customer reviews)

Best Sellers Rank: #227,952 in Books (See Top 100 in Books) #155 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #239 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #289 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

"500 Low Glycemic Index Recipes" has a ton of creative recipes that are low in salt and sugar. In fact if you want to add salt you have to figure out how much to add yourself to taste. Some recipes call for a reduced-sodium soy sauce and this recipe is in the front of the cookbook. For the recipes I made I just used a reduced-sodium soy sauce from the store. The recipe my husband and I liked the most was the "Oriental-Style Flank Steak." Now flank steak is fairly expensive so I was a bit tentative about trying a new recipe. The recipe called for green onions, sesame seeds, barbecue sauce, garlic and soy sauce. I left out the ginger. This flank steak then marinates for a few days for optimum flavor. I must say it was excellent and my husband even wanted to eat it again the next day so he had leftovers. The second recipe I tried was the "Chicken Wontons." I adapted the recipe quite a bit and left out the carrots, celery, sherry, ginger and soy sauce. Instead I added one

teaspoon of seasoning salt and mixed in chopped yellow onion. The cooking time ended up being more like 20 minutes instead of 10 but they turned out fine. They were easy enough to make but I'd advise you buy a 14-ounce package of wonton wrappers since this recipe makes about 30 instead of 25. Some of the other recipes that look good include: Scotch Eggs, Bean Dip, Hawaiian Fish Fillets, Curried Beef, Marinated Vegetable Salad, Manicotti, Lite Lemon Cheesecake, Grilled Pineapple Kabobs. There are not a lot of dessert recipes and many do call for sugar substitutes like Splenda. The only thing I have to complain about is that the text size for the index is really tiny and hard to read. Otherwise this is a great book.

[Download to continue reading...](#)

500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy  
Heart Disease: Heart Disease Prevention And Reversal  
Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice  
Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1)  
Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes)  
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)  
The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1)  
Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1)  
DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer  
Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes symptoms, type ... diet, glucose, type 2 diabetes symptoms) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type

2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes)

[Dmca](#)