



Glycemic Matrix Guide to Low GI and GL Eating

By Richard A. Price

Infinity Publishing. Paperback. Condition: New. 73 pages. Dimensions: 8.5in. x 5.4in. x 0.6in. The Glycemic Matrix combines the glycemic index with glycemic density (glycemic load in a gram of food). This maximizes hunger satisfaction while minimizing glycemic impact! The glycemic index measures how rapidly carbohydrate foods are digested, converted to glucose, and cause blood sugars to rise. Lower glycemic index foods satisfy hunger for a longer period of time. The glycemic density adds the weight volume of the food as a consideration. Decreasing the glycemic index and increasing the weight volume of a serving is a powerful new way to manage both our weight and blood sugar levels. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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