



The Glycaemic Index: A Physiological Classification of Dietary Carbohydrate

T. M. S. Wolever

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The glycaemic index (GI) is a measure of the ability of a food to raise blood sugar. Written by one of the co-inventors of the term, this is a clear and balanced review of current knowledge on this controversial concept. The book explores all the key issues of the definition of the GI, how to measure the GI of a food, how to apply GI information to meals and diets, the reasons why foods have different GI values and the impact of altering a diet GI on health and disease. The book highlights the benefits and the problems surrounding the GI concept, while encouraging readers to think critically about the issues involved.

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