



# The New Glucose Revolution Low GI Gluten-Free Eating Made Easy: The Essential Guide to the Glycemic Index and Gluten-Free Living

By Dr. Jennie Brand-Miller, Kate Marsh, Philippa Sandall

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More than two million North Americans have celiac disease and must follow a gluten-free diet-but the absence of grains and the higher fat and sugar content of many gluten-free products can cause health problems and nutrient deficiencies. Now, *The New Glucose Revolution Low GI Gluten-Free Eating Made Easy* simplifies the challenges of a gluten-free diet-and emphasizes the lifelong health benefits of low-GI, gluten-free eating. Widely recognized as the most significant dietary finding of the last 25 years, the glycemic index (GI) is an easy-to-understand measure of how foods affect blood glucose levels. Low-GI diets improve health and weight control, lower “bad” cholesterol, and help prevent or reduce your risk of type 2 diabetes, heart disease, cancer, and other chronic diseases. This clear, accessible guide has everything you need to know for healthful gluten-free eating, including Seven simple dietary guidelines for eating gluten-free *and* low GI A guide to finding and buying gluten-free products Low-GI substitutes for common high-GI (albeit gluten-free) foods Cutting-edge scientific findings on the benefits of eating low-GI foods 70 delicious, easy-to-prepare recipes include dishes for each meal of the day GI values of hundreds of popular gluten-free foods *The New Glucose Revolution Low GI Gluten-Free Eating Made Easy* is the definitive resource to healthy living for everyone with celiac disease, gluten intolerance, or other wheat sensitivities.

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## **Editorial Review**

Review

**About.com, 8/12/09**

“[A] a must-read for people on gluten-free diets.”

About the Author

**Jennie Brand-Miller**, PhD, one of the world's leading authorities on carbohydrates and the glycemic index, has championed the GI approach to nutrition for more than 20 years. Professor of Nutrition at the University of Sydney and a former President of the Nutrition Society of Australia, she is an in-demand speaker on the GI and her laboratory at the University of Sydney is the world's foremost GI-testing center. **Kate Marsh**, a dietitian who has celiac disease and type 1 diabetes, specializes in the same conditions. She has coauthored of two other books on low-GI eating. **Philippa Sandall** is a writer and editor who specializes in the areas of food, health and nutrition and has been involved in the New Glucose Revolution series since its inception over ten years ago.

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