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The Glycemic Load Diet Guide: With High Fiber: High Protein: Complex Carbs: Low Gi Weight Watcher Point + Nutritious Recipes: Lose Weight Not Energy



Synopsis

Do you want to lose weight and keep it off? Increase your energy levels? If so, eating the low-GI High fiber, high protein with With Points + way could be the answer. The glycemic index diet is not a true low-carbohydrate diet because you don't have to count carbohydrates (carbs). Nor is it a low-fat diet. It also doesn't require you to reduce portion sizes or count calories. For the same you will find selected low carb low gi recipes. If you are looking for a structured diet that tells you exactly what types of foods to eat, how much, and when, Weight Watchers might not work for you. The ability to choose anything you want to eat may prove too tempting for some. It is completely possible to use all your Points on less-than-nutritious foods unless you consciously commit to making healthier decisions. They advertise, trying to convince overweight people that they can lose weight without sacrificing the foods they love. However, this is only achieved by allowing dieters to have calories that should be consumed on healthy food with very small portions of potentially unhealthy food. This strategy gives the dieter a false sense of the real nutritional changes they need to make in their lives for long-term success. If one seriously wants to lose weight and keep it off, they need to think more comprehensively about the foods they eat without the confusing points scheme. With the old points system, you could use your points anyway you like. But we now know if you use your points wisely by eating foods rich in protein and fiber -- these foods fill you up, keep hunger at bay, and help you lose weight in a healthier and more nutritious way.

lose weight not muscles

Proteins Proteins are the basic building blocks of every cell in your body. They are large compounds made of amino acids. In order to build, repair or rebuild enzymes and muscles, your body needs amino acids that can only be derived from protein. Protein is essential for weight loss because you lose muscle mass first when you diet, not fat.

High-Fiber Diet: Weight Control Wonder One of the best side effects of eating a high-fiber diet is that you may find it easier to maintain or even lose weight. According to the Harvard School of Public Health, most Americans get only 15 grams of dietary fiber a day, when they should be getting anywhere from 20 to more than 30 grams.

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Customer Reviews

This book is entitled "The Glycemic Load Diet Guide" and is a lie!! Only a few pages discuss the glycemic index and glycemic load. 90% of the book was spent on the Weight Watchers diet, point system and recipes. TOTALLY DECEPTIVE!!!! want my money back.

i just downloaded this book to my kindle and then to my ipad. I think it is very hard to follow books like this on a single screen device. I can't tell what chapter I'm in and, potentially, what the recipes I want to make are. Maybe I am not using my ipad in the correct way and in another configuration I would be happier but, the way things are now, the book is useless to me. If i could return it, i would. I can't comment on the recipes because I never got to the point of being able to sort them out.

I got this so I could look up food so to with being diabetic keep on right food intake how it works with blood sugar.

Good read

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