



# The G.I. Handbook: How the Glycemic Index Works

*Barbara Ravage*

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## **The G.I. Handbook: How the Glycemic Index Works** Barbara Ravage

G.I., which is short for Glycemic Index--or blood-sugar index--must be maintained at an optimal level for weight control and sustained energy levels. Author Barbara Ravage recommends prudent dietary habits as she focuses on the varying effects of different carbohydrates on blood-sugar levels. Readers who follow her guidelines will conclude that it's neither difficult nor disagreeable to substitute low GI-rated foods for others with higher ratings. For instance, she suggests pasta rather than potatoes, berry fruits rather than bananas, and wine rather than beer with meals. She also offers advice on cooking and processing foods for optimal GI ratings. Extensive charts list the GI ratings of everyday foods, specifying the grams of carbohydrates each serving yields. For easy reference, foods are grouped into types that include: breads and bread products; cereals and grains; cookies, crackers, and cakes; fruit and fruit juices; vegetables and legumes; rice and pasta; milk and dairy foods, sweets and chocolate; and drinks. Here's a wealth of no-nonsense information in a compact volume for health-conscious readers.

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