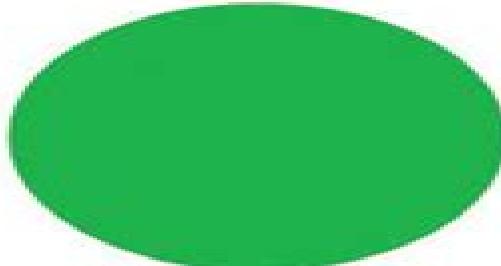
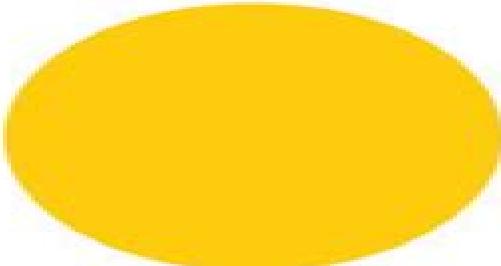


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Eating Out  
Pocket Guide

REVISED &  
UPDATED

the **Gi** DIET



Companion to the original  
international bestseller *The Gi Diet*



**Rick Gallop**

# The Gi Diet Pocket Guide

**Dr. Jennie Brand-Miller, Kaye Foster-Powell**

## **The Gi Diet Pocket Guide:**

**The Gi Diet Shopping and Eating Out Pocket Guide** Rick Gallop,2012-04-24 The must have companion to Rick Gallop s bestselling The Gi Diet and Living the Gi Diet has now been completely revised and updated to make shopping and eating out the Gi Diet way even easier Comprehensive Gi food listings are neatly organised by supermarket aisle and sorted into Rock Gallop s familiar easy to use unique GI red amber and green lists so you can make informed choices as you fill you basket And with invaluable section on eating out both at luchtime and in the evening whether your choice is fast food take away or Italion Indian Greek or Chinese you can enjoy life without compromising your diet Packed with sound advice that you would expect from Rick Gallop s internationally bestselling and critically acclaimed GI Diet series The Gi Diet Shopping and Eating Out Pocket Guide fits neatly into your bag and your life

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**Pocket Guide to Low Sodium Foods** Bobbie Mostyn, 2003 This nutritional counter is an indispensable reference for anyone who is watching his or her salt intake It is small enough to put in a pocket or purse to enable one to make wise food choices at the grocery store and while dining out Intended for the estimated 60 million Americans with high blood pressure and severe kidney disease this guide addresses which supermarket products and fast food items have the lowest sodium counts and simplifies supermarket choices by listing only low sodium products Each food is analyzed by calories fat saturated fat cholesterol carbohydrates fiber sugar and sodium Also included are brief descriptions of each of these nutrients and their effect on blood pressure explanations of food labeling guidelines and clarification of nutritional content claims *Pocket Guide to the G.I. Factor for People with Diabetes* Janette Brand Miller, Kaye Foster-Powell, Stephen Colagiuri, 1997 Covers how to choose the right carbohydrates for a diabetic diet hints for meal preparation low GI menus how the GI is measured and list of foods with their GI factor carbohydrate and fat count *The GI Diet (Now Fully Updated)* Rick Gallop, 2016-02-18 Losing weight is relatively easy with many fad diets maintaining the loss with these diets is difficult and largely impossible to sustain Health expert Rick Gallop has found the key to permanent weight loss with his GI Diet With over 40 new recipes and meal plans this book is the first step to a healthy and happier life Forget Fads Change your eating habits for life Daily

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**The G. I. Diet Guide to Shopping and Eating Out** Rick Gallop,2009-12-29 The popular GI Diet Guide to Shopping and Eating Out revised and updated for everyone who wants to carry a checklist to eating the green light way with them in their pockets or purse Whether you re already losing weight on the GI Diet or have just decided to start the foolproof plan The Revised GI Diet Shopping Guide to Eating Out is the perfect tool for you and it s all up to date This handy pocket book contains everything you need to know to stock up on the right foods at the supermarket and find delicious green light options on every restaurant menu and it s small enough to fit in your pocket or your purse It includes An aisle by aisle colour coded supermarket shopping guide Green light options at fast food restaurants such as McDonald s Wendy s Burger King Swiss Chalet Subway Tim Horton s Harvey s and Pizza Hut Green light choices at Italian Greek Chinese Indian Mexican Thai and Japanese restaurants

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**The Publishers Weekly** ,1896     **Pocket Guide to Fluid, Electrolyte, and Acid-base Balance** Mima M. Horne,1993

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health guides you through the maze of dieting myths exposing the real reasons behind the worldwide obesity epidemic and offers an easy to follow action plan that will help you to lose weight reduce food cravings control appetite and boost energy while you improve your health You ll learn everything you need to know about the GI including food value charts for handy references a 7 day menu plan how to lower risk of heart disease control Diabetes and much more

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