THE GI DIET BOOK



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This book explained the theory behind the GI diet as well as the principles of healthy eating in general. It then combines a pure GI approach alongside other good preactice such as low calorie and low fat to flag foods as red/yellow or green. You can eat pretty well what you like from green, a little of yellow and avoid red. Simple but effective.

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the G I Diet The Books

The Family G.I. Diet has been written in response to the thousands of readers who have emailed us about family issues and the role of The G.I. Diet. It is written mainly through women's eyes in terms of their own health and hormonal issues including pregnancy, nursing and menopause. It also deals from a women's perspective with their traditional role, rightly or wrongly, as gatekeepers for health and nutrition for the family.

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