



## Low GI Diet: Managing Type 2 Diabetes

By Dr. Jennie Brand-Miller, Kaye Foster-Powell, Stephen Colagiuri

Hachette Australia, Australia, 2014. Paperback. Book Condition: New. 235 x 158 mm. Language: English . Brand New Book. Are you living with type 2 diabetes or pre-diabetes and trying to manage your condition? In Australia and New Zealand alone diabetes and pre-diabetes affect 1 in 4 people. Every day nearly 300 people, including children, develop type 2 diabetes and for every person diagnosed with diabetes there s someone else with undiagnosed diabetes. The good news is that we now know a lot more about managing diabetes or reducing your risk of developing it. LOW GI DIET: MANAGING TYPE 2 DIABETES cuts through the confusion of conflicting advice and sets out clearly and simply what you need to eat and do to help you: reduce your risk of developing diabetes; improve your cardiovascular health; keep your blood glucose levels, blood pressure and blood fats under control; and maintain a healthy body. This book is a practical guide to help you manage your diabetes or pre-diabetes with diet and lifestyle from the highly qualified, specialist team of authors led by world Low GI authority Professor Jennie Brand-Miller. It shows what you can do for yourself - and why. Best of all, this...



**READ ONLINE**  
[ 5.89 MB ]

### Reviews

*This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).*

-- **Jaqueline Kerluke**

*I just started looking at this pdf. It can be rally fascinating throug studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.*

-- **Mr. Stephan McKenzie**