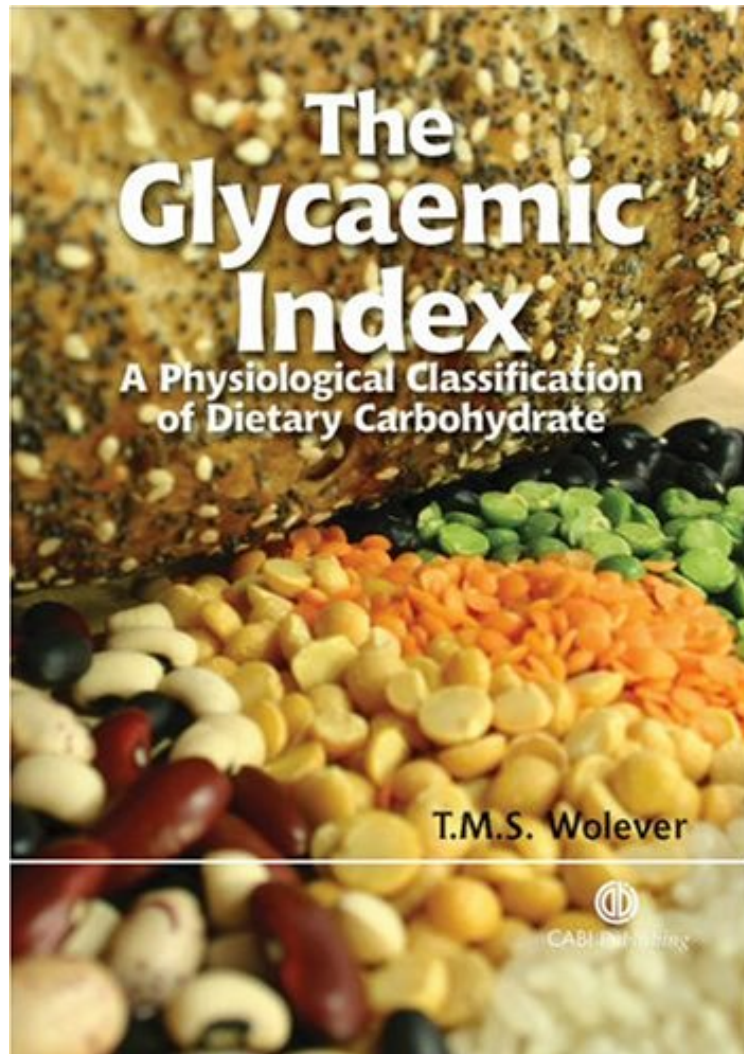


The Glycaemic Index: A Physiological Classification of Dietary Carbohydrate

T. nbsp;M. nbsp;S. Wolever
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The glycaemic index (GI) is a measure of the ability of a food to raise blood sugar. Written by one of the co-inventors of the term, this is a clear and balanced review of current knowledge on this controversial concept. The book explores

all the key issues of the definition of the GI, how to measure the GI of a food, how to apply GI information to meals and diets, the reasons why foods have different GI values and the impact of altering a diet GI on health and disease. The book highlights the benefits and the problems surrounding the GI concept, while encouraging readers to think critically about the issues involved.

About the AuthorT. nbsp;M. nbsp;S. Wolever is at the University of Toronto, Ontario.