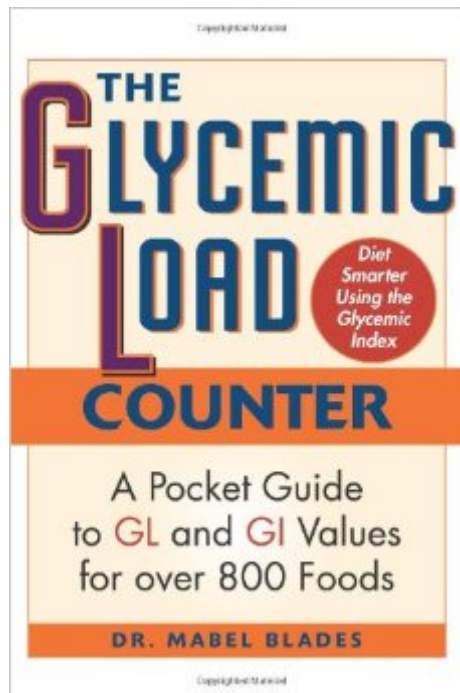


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# The Glycemic Load Counter: A Pocket Guide To GL And GI Values For Over 800 Foods



## Synopsis

**YOUR COMPLETE POCKET GUIDE TO GL VALUES**Based on the proven science of the Glycemic Index (GI) but easier to use, Glycemic Load (GL) dieting is the easiest, most powerful tool for losing weight, controlling diabetes and following a healthy day-to-day diet. GL values give a more accurate measure of the way different foods affect your body by adjusting the GI score for portion size. For example, an orange is a much healthier snack than a candy bar, but the orange has a higher GI value (42) than the candy bar (41). But when adjusted to the real-world portion, the healthier snack becomes obvious—the orange has a low GL value of 4 compared to the high GL value of 26 for the candy bar!

- GL, GIPlus calories, carbs and fat for over 800 popular foods.
- User-friendlyConvenient design and straightforward A to Z lists
- No more mathEach food's serving size is already computed into the GL score
- Glycemic ResponseAdvice on different types of foods and your body's reaction to each one, from meats and vegetables to breads and fruits.

## Book Information

Paperback: 120 pages

Publisher: Ulysses Press (June 28, 2008)

Language: English

ISBN-10: 1569756643

ISBN-13: 978-1569756645

Product Dimensions: 0.5 x 4.5 x 6.2 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars See all reviews (90 customer reviews)

Best Sellers Rank: #91,167 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #1381 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I recently received this book. I am NOT impressed. It is small enough to carry along with you everywhere. However, even though the back says it "no more math - each food's serving size is already computed into the GL score" it offers no serving sizes at all. For example, it lists "stuffing" at GL-14, GI-76 but offers no further info. How much? What kind of stuffing? Or, meat-filled ravioli GL-3, GI-39. How much? Homemade or store-bought? It goes on like that. There are also not enough listings. This handbook leaves much to be desired. I also received "The New Glucose

Revolution Shopper's Guide to GI Values 2008" (by Dr. Jennie Brand-Miller and Kaye Foster-Powell) at the same time. This book is WELL worth the investment. There are over 1,000 foods listed, including name brand products. If you are looking for a handy guide to take along with you... definitely toss this one and buy the 2008 Shopper's Guide. You will get a much bigger bang for the buck with that book. That book is MUCH better! Good luck with the diet. So far, I am excited about it.

I really wanted to like this handy little reference, but it's sadly flawed. As another reviewer said, it doesn't give any indication in the tables of the quantity of food the GL is based on, though the book does imply that a typical serving size is used to compute this number. But worse, when randomly looking at foods I found two puzzling conflicts: Black coffee is listed under "Desserts, sweets, and snacks" as having a GL of 49!! and under "Drinks" as 0 GL. Likewise, plain hummus is listed under "Condiments, spices, sugar, and sweeteners" as having a GL of 7 and under "Soups, sandwiches, and prepared foods" as 1 GL. Since there's no specific info in these categories (Is "dessert" black coffee assumed to have something with a high GL added to it? The author doesn't tell us.), it's hard to know what to make of this confusing information.

In recent months, I have bought and read several books on modifying my diet based on the glycemic load (GL) concept. I purchased this book on the assumption that it would be handy to carry around as a quick reference. Sadly, a 'reference book' is only as valuable as the information contained therein is accurate. I am astounded at the contradictions (listed above by other reviewers) as well as the utter lack of complete information regarding serving sizes, etc. I am insulted by Mabel Blades' assumption that I'm not clever enough to do some calculations to figure out the GL value based on a given portion. Simple multiplication and division are within the capabilities of most literate adults. Further, the GL data for a variety of items is different (or erroneous) compared to other published GL charts. Difficult to tell which is the case as there are no portions listed.

This book was a major disappointment to me. Black coffee was listed as having an extremely high GL and GI in one place and zero in another place. Common sweeteners like honey and Equal, Truvia, etc were not included at all. Common and popular veggies like turnips were not included. Moreover, the calorie count was extremely out of whack --- far too high. She said (sucrose) sugar has a GI of 68 and GL of 68. Other sources say the GL is only 8. She also says that a serving of veggies is two or three Tbl. I'm pretty sure that's not correct. I'm so sorry I bought this book and will

now have to locate something I can depend on. I suggest you avoid this book.- Susanna K.

Hutcheson

In comparison with the Glycemic Load written by Rob Thompson it doesn't compare with the GL in his book.....Who is correct?????I feel the GL Counter is way off in the calculations and doesn't give specific amounts which can be a little misleading.

Not very detailed; example: under Cookies, it has "wafer." That is only cookie shown. Under cheese it does not show Swiss, a common enough product. Don't buy it!

This book is inaccurate and misleading. It should not be offered in a package with Dr. Thompson's GL Load titles since it directly contradicts his carefully research information. He says avoid starches; this book says that starches should make up 1/3 of your diet. As other reviewers have noted, serving size is not clearly described. High GL foods appear to be low (like muffins). I will be not be using it.

I fully believe this GL book will be of greater use. It gives the food counts on regular every day food items. On the other hand, the GI book will be of equal importance when my glucose level drops too much. Thanks for the great book!

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