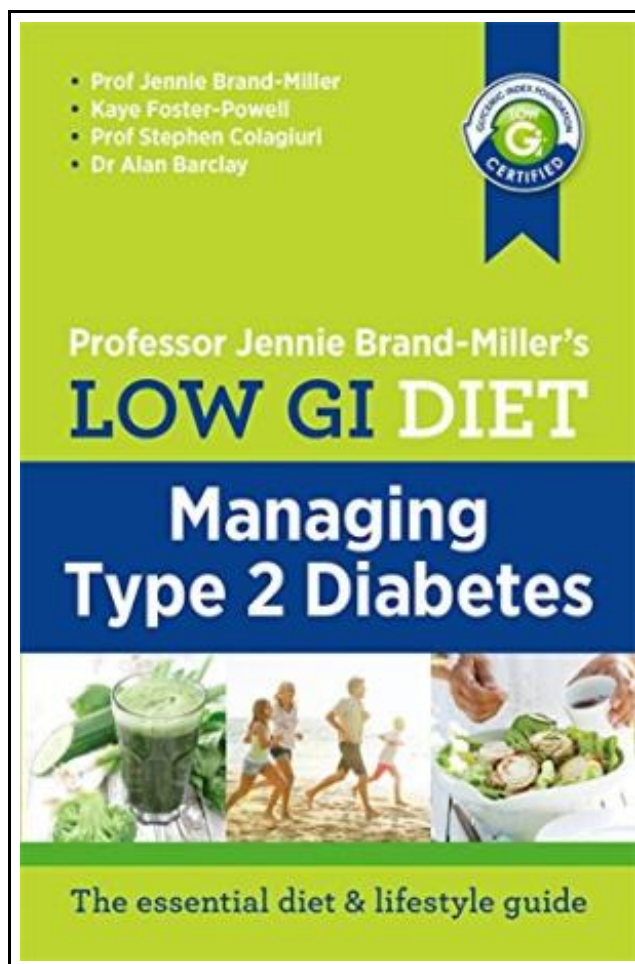


Low GI Diet: Managing Type 2 Diabetes



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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 information is good advice for everyone in your family, not just you.

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