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Lire des ebooks Guide des index glycémiques (IG) Collectif PDF, ePub, mobi, 700 aliments à la loupe pour manger mieux Que vous cherchiez à perdre du poids, contrôler un diabète ou simplement manger sainement, le meilleur moyen d'y parvenir c'est de maîtriser son sucre sanguin en choisissant des aliments à index glycémique (IG) bas. C'est scientifiquement prouvé. Mais les fabricants ne donnent toujours pas l'IG sur leurs emballages ! Comment alors repérer les aliments à IG bas ? En suivant ce guide sans équivalent, qui présente l'index glycémique de 700 aliments courants avec en plus pour chacun d'eux : • La charge glycémique • Les valeurs nutritionnelles d'une portion dont les calories, protéines, lipides, glucides • Les graisses saturées et les fibres En plus, ce guide malin vous rappelle les points-clés d'une alimentation à index glycémique bas, vous donne des astuces pour abaisser l'IG de vos repas, et une liste type de courses avec les aliments indispensables ! Avec ce petit livre précieux, manger mieux devient un jeu d'enfant

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