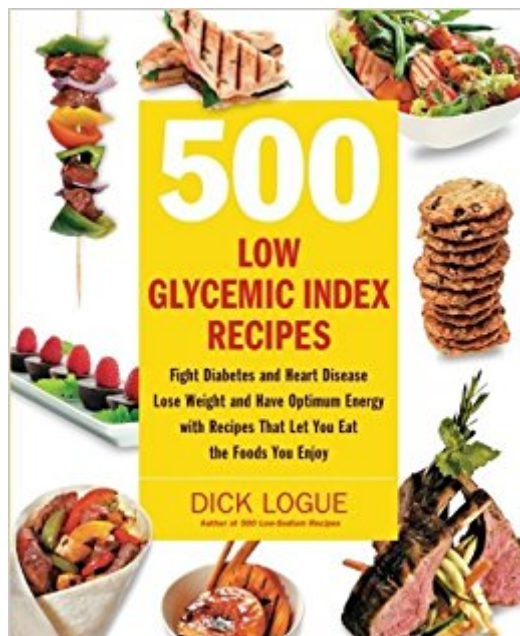




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# 500 Low Glycemic Index Recipes: Fight Diabetes And Heart Disease, Lose Weight And Have Optimum Energy With Recipes That Let You Eat The Foods You Enjoy



## Synopsis

500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss. Low-GI versions of traditionally high GI foods such as breads, pastas, desserts and casseroles are included. Forget low-carb, low-fat, low-calorie diets. This is a healthy eating plan that can be used for life to lose weight, feel energized, and be healthy.

## Book Information

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## Customer Reviews

Dick Logue is the author of several diet-friendly cookbooks and has been following a heart-healthy lifestyle for decades now. After being diagnosed with congestive heart failure more than 20 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes and writing about it on his website, Low Sodium Cooking. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, MD.

I thought there would be good low glycemic recipes here, There is no additional sugar added, but

the pre-made ingredients that are used to prepare the foods are not "low glycemic." So be careful. There are other cookbooks out there that are "from scratch" instead of using pre-packaged food.

So my book apparently is used because it has stickers on the pages which is super annoying. I really wish someone would have checked it before it sent. Or had better sticker placement skills. Some of the stickers are on parts of the instructions to recipes as you can see from pictures. The recipes overall look good. But I am not impressed with the quality of the book.

The recipes in here are for the most part NOT low glycemic. The author rates potato and whole wheat recipes as being low glycemic...while whole wheat is has more fiber, it's certainly no low (it's a high 72)[...]Really wish the author had done more research here - I have health reasons for switching to low glycemic and these recipes could just cause me problems without modifying them.

Made several of the bread side dish recipes. All turned out just right.

"500 Low Glycemic Index Recipes" has a ton of creative recipes that are low in salt and sugar. In fact if you want to add salt you have to figure out how much to add yourself to taste. Some recipes call for a reduced-sodium soy sauce and this recipe is in the front of the cookbook. For the recipes I made I just used a reduced-sodium soy sauce from the store. The recipe my husband and I liked the most was the "Oriental-Style Flank Steak." Now flank steak is fairly expensive so I was a bit tentative about trying a new recipe. The recipe called for green onions, sesame seeds, barbecue sauce, garlic and soy sauce. I left out the ginger. This flank steak then marinates for a few days for optimum flavor. I must say it was excellent and my husband even wanted to eat it again the next day so he had leftovers. The second recipe I tried was the "Chicken Wontons." I adapted the recipe quite a bit and left out the carrots, celery, sherry, ginger and soy sauce. Instead I added one teaspoon of seasoning salt and mixed in chopped yellow onion. The cooking time ended up being more like 20 minutes instead of 10 but they turned out fine. They were easy enough to make but I'd advise you buy a 14-ounce package of wonton wrappers since this recipe makes about 30 instead of 25. Some of the other recipes that look good include: Scotch Eggs, Bean Dip, Hawaiian Fish Fillets, Curried Beef, Marinated Vegetable Salad, Manicotti, Lite Lemon Cheesecake, Grilled Pineapple Kabobs. There are not a lot of dessert recipes and many do call for sugar substitutes like Splenda. The only thing I have to complain about is that the text size for the index is really tiny and hard to read. Otherwise this is a great book. ~The Rebecca Review P.S. I made the Meatballs with

Barbecue Sauce. I think the recipe needs quite a bit of adapting. You can make the meatballs as called for in the recipe but there is way too much sauce. For the sauce I used less mustard and Worcestershire sauce. So half the sauce could be made from: 1/2 cup Ketchup, 3/8 cup chili sauce, 1/2 tablespoon Dijon mustard, 1 tablespoon muscovado or brown sugar, 1 clove garlic, minced, 1/2 tablespoon Worcestershire sauce and 1/4 cup water. The original recipe calls for way too much water and since you cook this covered it won't evaporate as fast. I covered the casserole dish with a glass lid instead of foil.

Excellent Product!

A wide variety of recipes to meet everyone's likes taste wise and many include items you may typically keep in your kitchen. I've cooked some of these recipes for company and they had no idea there was anything "special" about them. I also appreciated that it has a breakdown of calories protein, fat, water, etc. and indicates where the recipe falls on the glycemic index (for example, stuffed mushrooms are low on the index). This book is well thought out and was a good purchase for my kitchen.

Not up to date with current nutrition information

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