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# **CHEAT SHEET SIMPLY For USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed From LOW To HIGH + High FIBER FOODS Listed From HIGH TO LOW With OVER 375 Foods BORN IN THE USA**





## Synopsis

NEW EXPANDED OVERVIEW INCLUDES METRIC TO US CONVERSION CHARTS This E-Book is a Print Replica Kindle book. Print Replica e-books maintain the rich formatting and layout of their related print editions and offer many of the advantages of standard Kindle books. Some of the features include:

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The World Health Organization and The American Diabetes Association certify the effectiveness of using glycemic values in selecting foods. But many health professionals consider glycemic index (GI) and glycemic load (GL) too complicated to use in their clinical practice. This translates into not listing GI and GL values on our packaged food products and not including these values in our national nutrient database files. That leaves it up to the consumer to figure it out on their own. This pocket guide is built to provide just those glycemic values. It is a short-cut to just the values for foods born in the USA, all in one place.

CHEAT SHEET SIMPLY for USA FOODS provides an exclusive layout of nutrition information for USA foods. Five charts display over three hundred seventy five foods. Each chart organizes foods based on a specific feature of their nutrition. Each chart is twenty eight pages long. The first chart presents foods by the amount of carbohydrate they contain. Foods with the least amount of carbohydrate are at the top of the chart. Foods with the greatest amount of carbohydrate are at the end of the chart. The second chart lists foods according to their glycemic index (GI) value. Foods with the lowest glycemic index (GI) are at the top of the chart. Foods with a high glycemic index (GI) are at the end of the chart. The third chart presents foods by the amount of fiber they contain. Foods with the highest fiber content are at the top of the chart. Foods with little or no fiber are at the end of the chart. The fourth chart displays foods according to their glycemic load (GL) score. Foods with the lowest glycemic load (GL) score are at the top of the chart. Foods with the highest glycemic load score (GL) are at the end of the chart. Foods listed in the first pages of any of these first four charts have minimal impact on blood glucose levels. Building your plate with these foods first can go a long

way in maintaining stable blood glucose levels. The fifth chart lists foods alphabetically and into basic food groups. In this section it is easy to compare the effect that different preparation methods have on the metabolism of carbohydrates. Selecting from among the different food charts allows quick and easy access to important food facts for your personal nutritional goals. CHEAT SHEET Simply for USA Foods is available in three formats: A 5" x 8" pocket guide, an 8 x 10 with larger print, and a Print Replica E-Book. The special features of the E-Book make it an amazing resource to have on your smart phone while shopping and dining out.

## Book Information

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## Customer Reviews

4/4/17 updated from 4 stars to 5 stars. Great hard copy reference because of the way the food values are sorted ! I'm using this book daily. Good resource if you want "Just the Values". Two pages of overview on carbohydrates, Glycemic Index, and Glycemic load, etc. The remaining 246 pages are 5 tables that are sorted so you can find the glycemic food values based on Carbohydrate, GI, GL, Fiber, and food category (look at the cover). I liked it so much I bought her 2 cookbooks.

unless I missed something, this book makes no sense to me. I believe all the measurements are in

grams. What every happened to 1 cup or 1oz. or 3 vanilla wafers? This is not very useful to me.

I wanted a listing of glycemic index and glycemic load in one place and found it in this book. Perfect for me.

Prefer a complete list of normal foods as opposed to so many special item foods she rated and wrote about in her earlier books. Very weak on this author's part!

not what I was looking for, too complicated

Many errors on fiber in foods.

Not what I was expecting..a little confusing for me to follow.

Sent it back. It was not what it was it said it was.

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Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods  
Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1)  
Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners)  
The Glycemic Load Counter: A Pocket Guide to GL and GI Values for over 800 Foods  
Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)  
South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1)  
LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic  
Nora Roberts - Born In Trilogy: Born in Fire, Born in Ice, Born in Shame  
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  
Index Vol. 2 (Index (Index Magazine))  
The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable

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