

Download Le Nouveau Régime IG (index Glycémique Bas) Diabète Romantic And Loving Novel Jacques Médart & Angélique Houlbert Lire Livres PDF



Download or Read Online Le Nouveau régime IG (index glycémique bas) diabète Jacques Médart & Angélique Houlbert Free eBook PDF/ePub/Mobi/Mp3/Txt, Contrôler son diabète sans faire de régime contraignant, éviter les complications et peut-être même réduire ses médicaments, c'est la promesse que vous font le docteur Jacques Médart et la nutritionniste Angélique Houlbert. Vos outils : l'index glycémique (IG) et la charge glycémique (CG) des aliments. Grâce à eux, composez des repas qui équilibrent la glycémie, reposent le pancréas et bénéficient au corps tout entier. Vos atouts : les dizaines d'études scientifiques qui prouvent que le Régime IG diabète permet de contrôler le sucre sanguin, mais qu'il réduit aussi le risque cardiovasculaire et aide à perdre du poids. Votre nouveau régime : pendant des années, en interdisant aux diabétiques les sucres dits "rapides" et en donnant la priorité aux glucides dits "lents", on a fait fausse route. Avec l'IG et la CG, vous saurez pourquoi la baguette de pain et la purée de pomme de terre peuvent être bien plus dangereuses que le sucre. Et pourquoi la carotte cuite au

contraire peut être consommée sans inquiétude. Découvrez : • Quels féculents, quels fruits, quels légumes privilégier, et en quelles quantités • Comment choisir votre pain • Quelles graisses favoriser • Comment faire face aux petites faims sans compromettre votre glycémie Bonus : • Nouvelle édition avec 80 recettes simples et savoureuses • Des cas cliniques détaillés • Les IG et CG de 300 aliments courants

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