

Creating a gluten-free eating plan with foods that have a low glycemic index, or GI, can be a balancing act. Gluten is a protein found in wheat, rye, barley and possibly oats that causes a severe autoimmune reaction in people with celiac disease. The starchy vegetables and grains that replace foods with gluten may have a high GI value, meaning that they can raise your blood sugar quickly after you eat them. Whether you have celiac disease or are eating gluten-free foods for other dietary reasons, you can keep your blood sugar stable by emphasizing low-GI gluten substitutes and increasing your intake of foods that are naturally gluten-free. Glycemic Index The glycemic index evaluates the effects of foods on your blood glucose levels. Foods that rank high on a scale of one to 100 raise your blood sugar rapidly, while foods that rank in the middle or at the lower end of the scale will have a less dramatic effect. Slow cookers are among an array of old kitchen gadgets making a comeback. Most of us are experiencing the joys of cooking delicious readymade meals at home. The extended cooking times allow better distribution of flavors in many recipes. You will find more than 85 recipes to design a low glycemic gluten-free eating plan that will keep your blood glucose levels within a healthy range. In this book you will find more than 85 delicious recipes with Nutritional facts per serving Calories Fat Saturated fat Sodium Carbohydrates Total sugars Dietary fiber Protein

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