

# **The French GI Diet For Women: 100 Low Carb Recipes**

## **By Michel Montignac**



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Michel Montignac. Books (23) Biography; Bookshelf. Anti-cholesterol Diet: More Than 50 Low Cholesterol Recipes by Nathalie Breuleux-Jacquesson and Michel Montignac

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The glycemic index measures how fast a food is likely to raise your blood sugar. This can be helpful. For example, if your blood sugar is low and continuing to drop

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G.I Diet - The Glycemic Index gives a rating to each food, between zero and one hundred. You want to avoid foods with a high index rating.

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