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Everything You Need to Know to Manage Type 2 Diabetes: Simple Steps for Surviving and Thriving with the Low GI Plan (New Glucose Revolution)

Jennie Brand-Miller, Kaye Foster-Powell, Stephen Colagiuri, Alan Barclay

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A practical, easy-to-use guide to help you manage type 2 diabetes or prediabetes

If you are one of the millions of people living with diabetes or prediabetes, you may feel like you're inundated with information on how to manage your condition. The good news is that we now know a lot more about managing diabetes or reducing your risk of developing it—and here, the world's foremost glycemic index experts share their wisdom. Rather than blind you with science or swamp you with facts, *Everything You Need to Know to Manage Type 2 Diabetes* sets out clearly and simply what you need to eat and do to help you:

Reduce your risk of developing diabetes
Improve your insulin sensitivity and your cardiovascular health
Keep your blood glucose levels, blood pressure, and blood fats under control
Reduce your body fat and maintain a healthy body
With tips and strategies for working with your doctor, the most recent info on medications, and guidance on the best foods to eat (at home or at a restaurant), *Everything You Need to Know to Manage Type 2 Diabetes* offers uncomplicated, straightforward advice to help you survive—and thrive.

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