

1. Record Nr.	UNINA9910446335503321
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Titolo	The glycaemic index [[electronic resource]] : a physiological classification of dietary carbohydrate // Thomas M.S. Wolever
Pubbl/distr/stampa	Wallingford, UK ; ; Cambridge, MA, : CABI, c2006
ISBN	1-280-73591-0 9786610735914 1-84593-052-5
Descrizione fisica	1 online resource (237 p.)
Disciplina	613.2/83
Soggetti	Carbohydrates in human nutrition Carbohydrates - Metabolism Glycemic index
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. 184-222) and index.
Nota di contenuto	Historical introduction -- Determining the GI of food: methodological considerations -- The insulin response to carbohydrate foods: critical evaluation of the insulinaemic index -- Mechanisms by which different carbohydrates elicit different glycaemic -- Glycaemic index: application to mixed meals -- Measuring diet GI -- Glycaemic index and health -- Glycaemic index and disease -- Glycaemic index versus glycaemic load.