

1. Record Nr.	UNINA9910446335503321
Autore	Wolever Thomas M. S
Titolo	The glycaemic index : 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
Edizione	[1st ed.]
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.
Sommario/riassunto	The glycaemic index (GI) is a measure of the ability of a food to raise blood sugar. Written by one of the co-inventors of the term, this is a clear and balanced review of current knowledge on this controversial concept. The book explores all the key issues of the definition of the GI, how to measure the GI of a food, how to apply GI information to meals and diets, the reasons why foods have different GI values and the impact of altering a diet GI on health and disease.