World-renowned researcher Jennie Brand-Miller and her team have changed the way the world thinks about food and nutrition. Every year, their Shopper's Guide helps thousands of readers achieve and maintain health and wellness by providing an easy guide to eating according to the glycemic index. The key to this go-to reference is the GI tables—comprehensive lists of foods and their glycemic index values—which allow readers to unlock the remarkable health benefits of a low GI diet. The Shopper's Guide includes GI values for many popular foods, prepared meals, and new products; definitive at-a-glance nutrition data arranged by food category; specific information on gluten-free and weight-management foods; and comprehensive, up-to-date information.

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