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# The New Glucose Revolution Pocket Guide to Childhood Diabetes

*Dr. Dr. Jennie Brand-Miller M.D., Kaye Foster-Powell M. Nutr & Diet, Heather Gilbertson*

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# The New Glucose Revolution Pocket Guide to Childhood Diabetes

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**The New Glucose Revolution Pocket Guide to Childhood Diabetes** Dr. Dr. Jennie Brand-Miller M.D., Kaye Foster-Powell M. Nutr & Diet, Heather Gilbertson
Widely recognized as the most significant dietary finding of the last 25 years, the glycemic index (GI) is revolutionizing the way people manage diabetes. Now, from the authors of the New York Times bestseller The New Glucose Revolution — an authoritative guide to managing diabetes in young people — The New Glucose Revolution Pocket Guide to Childhood Diabetes explains how the GI can be used to specifically benefit children with diabetes in simple and direct language. Written by the world's leading authorities on the GI, the book directly addresses the parents of children with type 1 or type 2 diabetes and answers their most common diet concerns. It covers all of the basic information about the GI and blood sugar levels, dispels all of the diabetes food myths, and provides age-specific advice for children of all ages—from babies to teenagers. Complete with a table containing the GI, glycemic load, and carbohydrate values of more than 800 foods and drinks, this useful guide is a vital tool for every parent with a diabetic child.

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