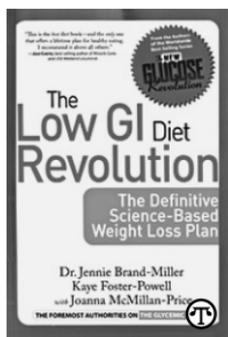


Nutrition **UPDATE**

The Glycemic Index May Offer A New Key To Health

(NAPSA)—Now that U.S. health authorities have released the latest 2005 dietary guidelines, many people are wondering how to put them into day-to-day practice. Key recommendations of the new federal guidelines include increasing daily consumption of fruits and vegetables to about four and a half cups, eating plenty of whole grains, and exercising most days.



As it happens, the recommendations in a recently published book, *The Low GI Diet Revolution*, by New York Times-best-selling authors Dr. Jennie Brand-Miller, Kaye Foster-Powell and Johanna McMillan-Price (Marlowe, \$15.95), closely align with the U.S. authorities' key recommendations and offer readers a ready-made, 12-week plan for putting similar dietary and exercise goals into action.

Praised on its recent publication by *USA Weekend* columnist Jean Carper as “the best diet book—and the only one that offers a lifetime plan for healthy eating,” *The Low GI Diet Revolution* is being recognized as a healthy life-long alternative to low-carb diets. Its foundation is the glycemic index (GI), which ranks foods based on how quickly they raise your blood-sugar levels. Many whole grains have low-GI values, so they are a key component of this science-based plan, which synthesizes over 20 years of ground-breaking research on car-

bohydrates and the GI, much of it done by the authors themselves, who are the world's leading authorities on the subject of the GI.

Leading US dietary expert Dr. David Ludwig, head of the Obesity Program at Children's Hospital Boston, hails *The Low GI Diet Revolution* as “simple, practical and powerful.” The book also includes more than 30 recipes and the most complete, up-to-date table of GI values, for hundreds of foods.

Banana And Ricotta Toast Makes 4 toasts

3½ ounces low-fat fresh ricotta

**1 tablespoon pure honey
pinch of ground cinnamon
4 slices whole-grain bread
2 small bananas, diagonally sliced
extra honey, to serve
extra cinnamon, to serve**

1. Use electric beaters to beat the ricotta, honey, and cinnamon until almost smooth.

2. Toast the bread until golden.

3. Spread the ricotta mixture evenly on the bread. Top with the bananas. Drizzle over a little honey and an extra sprinkle of cinnamon and serve immediately.

PER SERVING: Calories 171; Protein 6 g; Fat 3 g (saturated 2 g); Carbohydrate 29 g; Fiber 3 g; GI Low; GL Moderate.

The book is available in bookstores, health and nutritional stores. To learn more, visit www.avalonpub.com/marlowe.html.