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Rick Gallop. Switching from a Not only will foods with a low glycemic index take longer to digest (therefore prolonging satiety)

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Rick Gallop's GI Diet is helpful for anyone wanting to start a proper diet. The coloured "lights" make it easy to follow and it contains a lot of common sense

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Rick Gallop is the author of The G.I. Diet (3.53 avg rating, 264 ratings, 20 reviews, published 2002), Living the G.I. (Glycemic Index) Diet (3.58 avg ra

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Rick Gallop, author of The G.I. Diet, graduated from Oxford University in England and emigrated to Canada. After a successful career in business, he joined the Heart

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Glycemic index

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