

## THE GI DIET GALLOP RICK SOLE M D MICHAEL J %0A

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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 information. I do question some of the foods he puts in the "red light" area such as turnips, couscous, and all melons. Another thing I find unhelpful is a lack of calorie, fat and fibre counts for his recipes. Rick also promotes the  
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Rick Gallop, who also wrote Living the G.I. Diet and The G.I. Diet Clinic, is an international spokesperson for the diet he designed out of his own struggles to lose weight. A successful business executive with a keen interest in health issues, he was president of the Heart and Stroke Foundation of Ontario. His Web site is [www.gidiet.com](http://www.gidiet.com).

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