

PROFESSOR THOMAS MATTHEW STORY WOLEVER (R71-72)

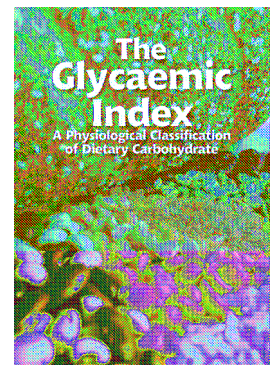
He was born in 1953 and attended the College as an English Speaking Exchange Student. Afterwards he received his medical training in Oxford University, followed by a PhD in Nutrition from the University of Toronto in 1986 and a Doctorate in Medicine from Oxford University in 1993.

He is presently Professor and Acting Chair of the Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, and on active staff in the Division of Endocrinology and Metabolism, St. Michael's Hospital, Toronto. He is a recognized national and international expert in the area of dietary carbohydrates, and was consultant for the FAO/WHO's 1998 report on dietary carbohydrates. He was an expert panel member for the Canadian Diabetes Association's (CDA) Clinical Practice Guidelines, published in 1998, and is a member of the current expert panel, which is revising these guidelines.



His major research interests are how different types and amounts of carbohydrates (sugars, starch, dietary fibre) influence systemic metabolism with particular reference to insulin resistance, obesity, diabetes and hyperlipidaemia. His research expertise includes: the assessment of dietary intakes, especially of dietary fiber, glycaemic index and glycaemic load; metabolic assessment of human subjects; determination of the glycaemic index of foods; and clinical trials with extensive experience in coordinating central laboratory facilities and organizing international laboratory cross-validation programs.

He has recently written the book "The Glycaemic Index: A Physiological Classification of Dietary Carbohydrate.



He has also co-written many books on the subject, including the following :-

- The Glucose Revolution: The Authoritative Guide to the Glycemic Index-The Groundbreaking Medical Discovery (1999)
- The Glucose Revolution Pocket Guide to the Top 100 Low Glycaemic Foods (2000)
- The Glucose Revolution Pocket Guide to Diabetes (2000)
- The Glucose Revolution Pocket Guide to Sports Nutrition (2000)
- The Glucose Revolution Pocket Guide to Sugar and Energy (2000)
- The Glucose Revolution Pocket Guide to Your Heart (Glucose Revolution Pocket Guides) (2000)
- The Glucose Revolution Pocket Guide to Losing Weight (2000)
- The Glucose Revolution Pocket Guide to Diabetes (2000)
- The Glucose Revolution Pocket Guide to the Glycaemic Index and Healthy Kids (2001)
- The Glucose Revolution Pocket Guide to Children with Type 1 Diabetes (2001)
- The New Glucose Revolution: The Authoritative Guide to the Glycemic Index – The Dietary Solution for Lifelong Health (2003)
- The New Glucose Revolution: The Authoritative Guide to the Glycaemic Index--The Dietary Solution for Permanent Weight Loss (2005)
- The New Glucose Revolution: The Authoritative Guide to the Glycaemic Index - the Dietary Solution for Lifelong Health (Glucose Revolution) (2006)