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GI: HOW TO SUCCEED USING A GLYCEMIC INDEX DIET (NEW EDITION)



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, GI: How to Succeed Using a Glycemic Index Diet (New edition), Collins Uk, Gem GI is a clear introduction to what a GI diet is and how it works. It explains the difference between the glycemic index of a food and its glycemic load. The GI food counter rates hundreds of foods using a simple traffic-light system: red for foods to avoid, amber for foods to eat occasionally and green for foods...

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- Authored by Collins Uk
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