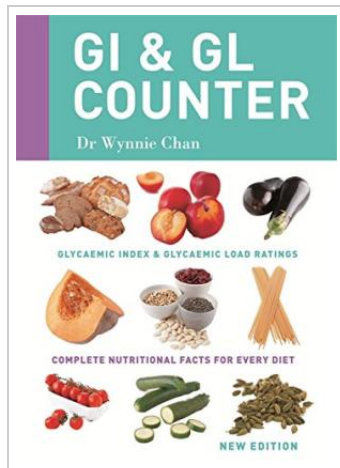




GI GL Counter (Paperback)

By Wynnie Chan

Octopus Publishing Group, United Kingdom, 2014. Paperback. Condition: New. UK ed..

Language: English . Brand New Book. The ultimate guide to the nutritional content, including GI (Glycaemic Index) and GL (Glycaemic Load) ratings, of over 1,900 favourite foods and drinks - essential information for anyone who follows a low-GI diet or has special dietary needs, such as diabetes. At-a-glance tables also show fat, calories, protein, fibre and carbohydrate content.



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

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