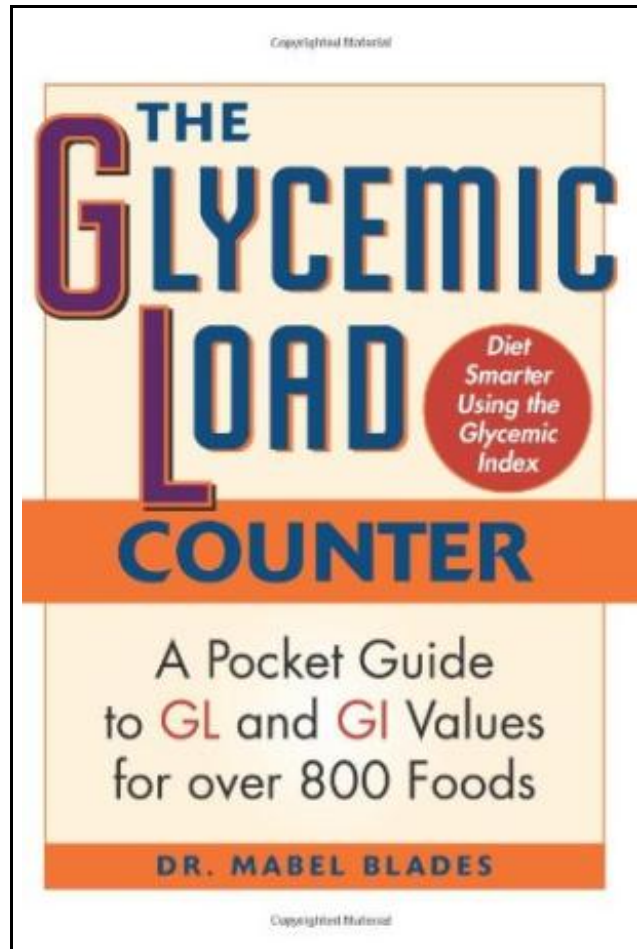


## The Glycemic Load Counter: A Pocket Guide to GI and GI Values for Over 800 Foods



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## THE GLYCEMIC LOAD COUNTER: A POCKET GUIDE TO GL AND GI VALUES FOR OVER 800 FOODS



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