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By Helen Foster

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A low-glycemic diet is one that selects foods on the basis of minimal alteration of circulating glucose levels. Glycemic index (GI) and glycemic load (GL) are

GI Basics by Helen Foster index (GI) will make you lose weight and gain energy. This book provides you with all the basic information you need to know about the

the low glycemic way to lose weight and gain energy. [Helen Foster] how to use the glycaemic index to lose weight as Easy GI diet." Includes index.

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