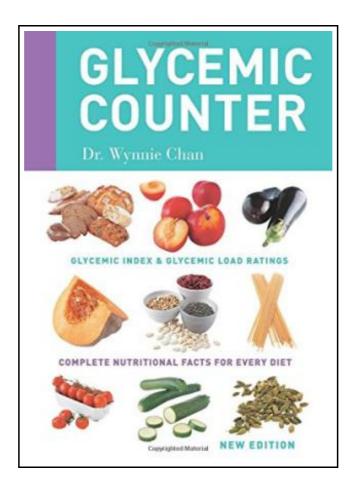
# **Glycemic Counter (Paperback)**



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# Reviews

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Junius Herman)

# **GLYCEMIC COUNTER (PAPERBACK)**



Hamlyn (UK), United States, 2014. Paperback. Book Condition: New. New. 155 x 112 mm. 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 favorite 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, fiber and carbohydrate content.



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