

## [GLYCEMIC DIET FOR DUMMIES](#)



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### **Glycemic Index Cookbook For Dummies Rosanne Rust Meri**

She is the founder and CEO of [reallivingnutrition.com](http://reallivingnutrition.com) and author of The Glycemic Index Diet For Dummies. Rosanne Rust , MS, RD, LDN, is a registered dietitian, freelance writer, and online weight-loss coach for Real Living Nutrition Services.

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