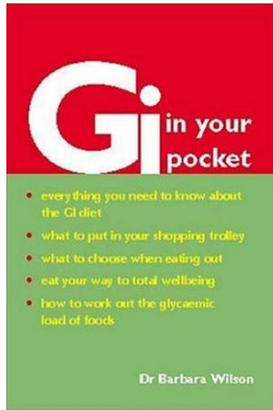


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GI IN YOUR POCKET



IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Gi in Your Pocket, Barbara Wilson, The glycaemic index is a rating of foods that contain carbohydrates according to whether they are quick, slow or moderately slow at raising our blood sugar levels. The GI is not a diet, it's a nutritional index of foods. But if you're dieting, it's good to eat foods with a low GI because slowly absorbed carbohydrates help you feel fuller for longer. Eating low-GI foods...

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