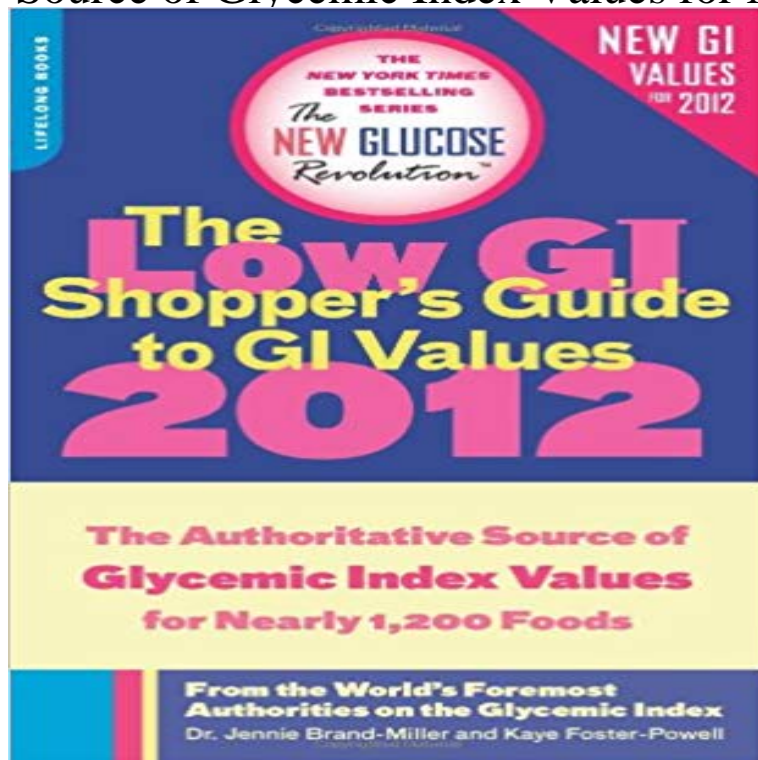


The Low GI Shoppers Guide to GI Values 2012: The Authoritative Source of Glycemic Index Values for Nearly 1,200 Foods



Whether you're grocery shopping, planning dinner, eating out, or meeting with your nutritionist or dietitian, the seventh annual edition of the Shoppers Guide to GI Values is a must for anyone seeking healthier eating habits. Newly revised and updated, the convenient, at-a-glance tables make this the one necessary guide for people following a glycemic index (GI) diet to improve health conditions such as diabetes, heart disease, or PCOS; lose weight; or enhance their overall well-being and fitness. Shoppers Guide is the only annually updated book of GI values, featuring nearly 1,300 foods and their GI values as well as comprehensive nutritional data for calories, fat, saturated fat, cholesterol, fiber, and sodium.

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