

Whether you're grocery shopping, planning dinner, eating out, or meeting with your nutritionist or dietitian, the seventh annual edition of the Shopper's Guide to GI Values—previous editions of which have sold more than 180,000 copies—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. Shopper's 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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