



# **The New Glucose Revolution Shopper's Guide to GI Values 2007: The Authoritative Source of Glycemic Index Values for More than 500 Foods (Glucose Revolution)**

*Dr. Dr. Jennie Brand-Miller M.D., Kaye Foster-Powell M. Nutr & Diet*

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Whether you're grocery shopping, planning tonight's dinner, eating out, or meeting with your nutritionist or dietitian, this second annual edition of *The New Glucose Revolution Shopper's Guide to GI Values 2007* is a must-have book for all GI-aware consumers. Newly revised and updated, included are: glycemic index and glycemic load values for more than 500 popular foods; tips on the best low GI foods available; a guide to food labeling so you know what you're really looking at; two GI food pyramids to guide your daily food choices.

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