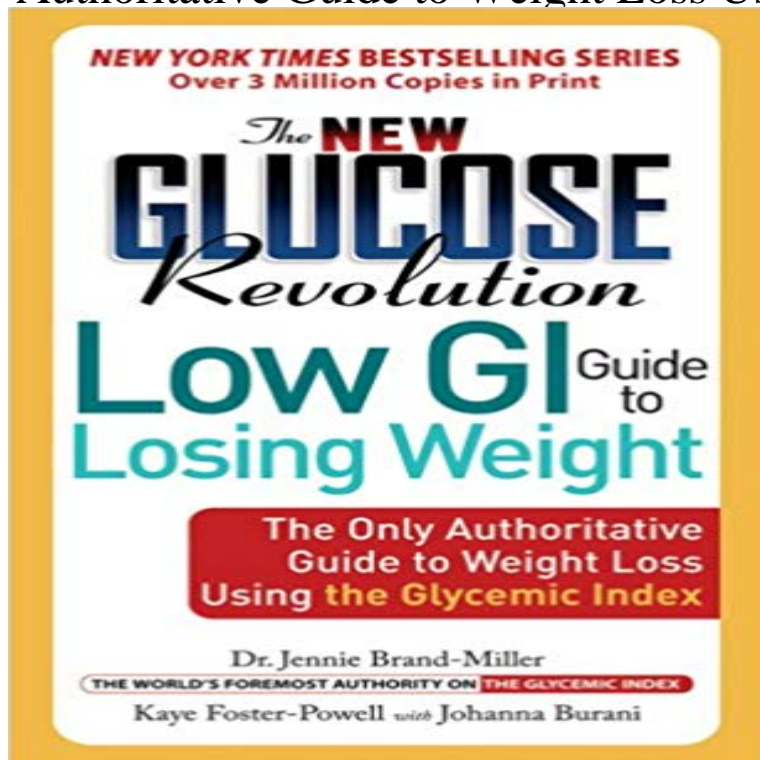


The New Glucose Revolution Low GI Guide to Losing Weight: The Only Authoritative Guide to Weight Loss Using the Glycemic Index



When it comes to losing weight, not all foods are created equal. The glycemic index is an easy-to-understand ranking of foods, most notably carbohydrates, based on the rate at which the body metabolizes them. It can help people choose the right foods to eat in their quest to lose weight and keep it off. Written by the world's leading authorities on the glycemic index, *The New Glucose Revolution Low GI Guide to Losing Weight* answers the questions most frequently asked by dieters about low-GI foods, recounts success stories about people who have lost weight by making the switch to a low-GI diet, includes a week's worth of low-GI meal plans, and much more.

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