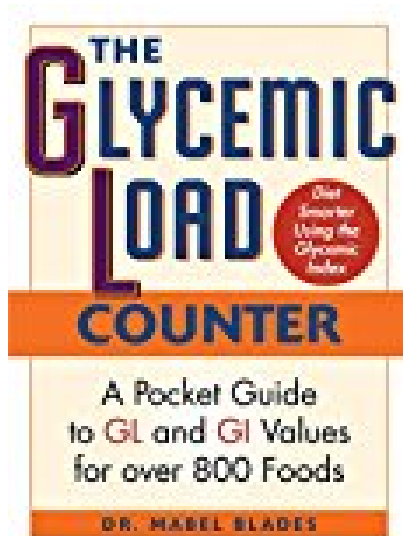


The Glycemic Load Counter A Pocket Guide to GL and GI Values for over 800 Foods



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