



**The Low GI Shopper's Guide to GI Values 2014:  
The Authoritative Source of Glycemic Index  
Values for More than 1,200 Foods (New Glucose  
Revolutions) by Dr. Jennie Brand-Miller (2013-12-  
31)**

*Dr. Jennie Brand-Miller; Kaye Foster-Powell B.SC. M. Nutri. & Diet;*

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