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# Glycemic Index Cookbook FOR DUMMIES®

## Learn to:

- Find the right balance of foods and nutrients at every meal
- Make a variety of delicious low-glycemic recipes
- Manage heart disease, type 2 diabetes, and other health conditions

**Meri Raffetto, RD**

*Registered dietitian and founder of  
Real Living Nutrition Services*

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*Registered dietitian*



# Glycemic Index Cookbook For Dummies

**Anthony S. Fauci**



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