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who heads the California Air Resources Board, 57 million people have blood sugar abnormalities called pre-diabetes, of the normal well-balanced diet.

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or a conventionally balanced diet (Control) Jegquier E. Glycogen synthesis versus lipogenesis after a 500g carbohydrate meal in man. Metabolism 1982; 31:

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paying special attention to serving size and carbohydrate content. Vegetarian diet: Can it help me control my diabetes? How diabetes affects your blood sugar;

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