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Low glycemic diet - news - taste.com.au

The low GI concept was originally developed for people with diabetes, but is now also promoted for weight loss. The theory is that foods that are digested more slowly

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Slow carb, low carb, low calorie, low fat, Atkins, Weight Watchers, Jenny Craig The list is endless. Everywhere we turn, every single day, on TV, in magazines, on

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