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By Rob Thompson

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The Glycemic-Load Diet A powerful new program for losing weight and weight and insulin resistance, The Glycemic-Load Diet, cardiologist Dr. Rob

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These two are related by the following equation (lookout, here comes some math): Glycemic Load = (Glycemic Index/100) X grams of Carbs. Why is this important?

Glycemic index and glycemic load offer information about Here is a list of the glycemic index and glycemic load for more than 100 common foods. FOOD: Glycemic

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