



PROFESSOR JENNIE BRAND-MILLER'S
LowGIDIET

NEW
EDITION

Make healthy carb
choices easy with the
Shopper's Guide



The tools and tips you need
to choose the best **carbs**

PROF JENNIE BRAND-MILLER
KAYE FOSTER-POWELL
DR FIONA ATKINSON

Low Gi Diet Shoppers Guide

Emilie Sanchez

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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