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500 Low Glycemic Index Recipes - Dick Logue A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods He is the author of 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes

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