
The Case Against Sugar

The Case Against Sugar

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The Case Against Sugar *Anchor*

From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. Among Americans, diabetes is more prevalent today than

ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

The Case Against Sugar *Portobello Books*

More than half a billion adults and 40 million children on the planet are obese. Diabetes is a worldwide epidemic. Evidence increasingly shows that these illnesses are linked to the other major Western diseases: hypertension, heart disease, even Alzheimer's and cancer, and that shockingly, sugar is likely the single root cause. Yet the nutritional advice we receive from public health bodies is muddled, out of date, and frequently contradictory, and in many quarters still promotes the unproven hypothesis that fats are the greatest evil. With expert science and compelling storytelling, Gary Taubes investigates the history of nutritional science which, shaped by a handful of charismatic and misguided individuals, has for a hundred years denied the impact of sugar on our health. He exposes the powerful influence of the food industry which has lobbied for sugar's ubiquity - the Sugar Association even today promoting 'sugar's goodness' - and the extent that the industry has corrupted essential scientific research. He delves into the science of sugar, exposes conventional thinking that sugar is 'empty calories' as a myth, and finds that its addictive pleasures are resulting in worldwide consumption as never experienced before, to devastating effect. The Case Against Sugar is a revelatory read, which will fundamentally change the way we eat.

The Case Against Sugar

Pure, White, and Deadly

How Sugar Is Killing Us and What We Can Do to Stop It *Penguin*

More than 40 years before Gary Taubes published *The Case Against Sugar*, John Yudkin published his now-classic exposé on the dangers of sugar—reissued here with a new introduction by Robert H. Lustig, the bestselling author of *Fat Chance*. Scientist John Yudkin was the first to sound the alarm about the excess of sugar in the diet of modern Americans. His classic exposé, *Pure, White, and Deadly*, clearly and engagingly describes how sugar is damaging our bodies, why we eat so much of it, and what we can do to stop. He explores the ins and out of sugar, from the different types—is brown sugar really better than white?—to how it is hidden inside our everyday foods, and how it is harming our health. In 1972, Yudkin was mostly ignored by the health industry and media, but the events of the last forty years have proven him spectacularly right. Yudkin's insights are even more important and relevant now, with today's record levels of obesity, than when they were first published. Brought up-to-date by childhood obesity expert Dr. Robert H. Lustig, this emphatic treatise on the hidden dangers of sugar is essential reading for anyone concerned about their health, the health of their children, and the wellbeing of modern society.

Fat Chance

Beating the Odds Against Sugar, Processed Food, Obesity, and Disease *Penguin*

The landmark New York Times best seller that reveals how the explosion of sugar in our diets has created an obesity epidemic, and what we can do to save ourselves. Robert Lustig is at the forefront of war against sugar — showing us that it's toxic, it's addictive, and it's everywhere because the food companies want it to be. His 90-minute YouTube video "Sugar: The Bitter Truth" has been viewed more than 7 million times. Now, in this landmark book, he documents the science and the politics that have led to personal misery and public crisis — the pandemic of obesity and chronic disease—over the last thirty years. In the late 1970s, when the U.S. government declared that we needed to get the fat out of our diets, the food industry responded by pumping in more sugar to make food more palatable (and more salable), and by removing the fiber to make food last longer on the shelf. The result has been a perfect storm for our health, disastrously altering our biochemistry to make us think we're starving, drive our eating habits out of our control, and turn us into couch potatoes. If we cannot control how we eat, it's because of the catastrophic excess of sugar in our diet--the resulting hormonal imbalances have rewired our brains! To help us lose weight and recover our health, Lustig presents strategies we can each use to readjust the key hormones that regulate hunger, reward, and stress, as well as societal strategies to improve the health of the next generation. With scientific rigor and even a little humor, *Fat Chance* categorically proves that "a calorie is not a calorie," and takes that knowledge to its logical conclusion--an overhaul of the global food system.

Sugar Blues *Warner Books (NY)*

It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues," inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmasks our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

Why We Get Fat and what to Do about it *Anchor*

This work is an examination of what makes us fat. In his book *Good Calories, Bad Calories*, the author, an acclaimed science writer argues that certain kinds of carbohydrates, not fats and not simply excess calories, have led to our current obesity epidemic. Now he brings that message to a wider, nonscientific audience. With fresh evidence for his claim, this book makes his critical argument newly accessible. He reveals the bad nutritional science of the last century, none more damaging than the "calories-in, calories-out" model of why we get fat, the good science that has been ignored, especially regarding insulin's regulation of our fat tissue. He also answers key questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat or avoid? Concluding with an easy-to-follow diet, this book is one key to understanding an international epidemic and a guide to improving our own health.

Sugar Nation

The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It *Hachette UK*

THIS BOOK COULD SAVE YOUR LIFE Every five seconds, one more person develops diabetes. Worldwide, 285 million people are affected by type 2 diabetes. Many of them have no idea. Here is

the personal story of one man who has unearthed the mysteries of this global epidemic and offers hard-won practical advice for how readers can take control of their lives and combat this deadly disease. "Sugar Nation is a must-read! As a fitness expert myself, who has dealt with family diabetes and coaching families on how to limit their sugar intake, this book is a fundamental tool in educating the world on just how dangerous dietary sugar can be. Jeff O'Connell's direct yet user-friendly approach to this important and overlooked subject is more than refreshing. All will benefit from picking this book up." -- Jennifer Nicole Lee, author of *The Jennifer Nicole Lee Fitness Model Diet*

Breaking Up With Sugar

Divorce the Diets, Drop the Pounds, and Live Your Best Life *Penguin*

A proven plan to break free from your unhealthy relationship with Sugar - and reclaim your health and your life for good. The solution to your food and weight problems isn't willpower or the next fad diet - it's breaking up with Sugar. Molly Carmel, an eating disorder therapist with a thriving clinic in New York City, discovered the devastating role Sugar played in her own 20-year struggle with disordered eating. After reaching a peak weight of 325 pounds and trying every diet imaginable, Molly was finally able to dramatically transform her life--and find her happy weight-by breaking up with Sugar. Molly has since helped thousands of people overcome compulsive overeating, repetitive dieting, and Sugar addiction to reinvent their lives. Here, she shares her empowering 66-day blueprint for kicking Sugar to the curb - once and for all. Molly explains how Sugar is not only bad for your health, it's also a substance with highly addictive potential - one that creates physical, neurological, and hormonal changes that often make moderation impossible. This is the first book to address the emotional, spiritual, chemical, and physical components of this toxic relationship and help guide you through the steps to create a new and lasting relationship with food...and with yourself. *Breaking Up with Sugar* includes step-by-step meal plans to take the guesswork out of going Sugar-free, as well as seven key self-affirming vows you can rely on to help end the overeating and dieting cycle and release unhealthy weight. With empathy, honesty, and humor as your trusted coach and friend, Molly gives you essential tools to navigate this new way of eating when life gets "life-y" or times get tough. Her sustainable roadmap will put you on the path to true freedom.

Year of No Sugar

A Memoir *Sourcebooks, Inc.*

For fans of the New York Times bestseller *I Quit Sugar* or Katie Couric's controversial food industry documentary *Fed Up*, *A Year of No Sugar* is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir." —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for

years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. Year of No Sugar is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth."—Suvir Sara, author of *Indian Home Cooking* "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers

Sugar: The World Corrupted: From Slavery to Obesity *Simon and Schuster*

The modern successor to *Sweetness and Power*, James Walvin's *Sugar* is a rich and engaging work on a topic that continues to change our world. How did a simple commodity, once the prized monopoly of kings and princes, become an essential ingredient in the lives of millions, before mutating yet again into the cause of a global health epidemic? Prior to 1600, sugar was a costly luxury, the domain of the rich. But with the rise of the sugar colonies in the New World over the following century, sugar became cheap, ubiquitous and an everyday necessity. Less than fifty years ago, few people suggested that sugar posed a global health problem. And yet today, sugar is regularly denounced as a dangerous addiction, on a par with tobacco. While sugar consumption remains higher than ever—in some countries as high as 100lbs per head per year—some advertisements even proudly proclaim that their product contains no sugar. How did sugar grow from prize to pariah? Acclaimed historian James Walvin looks at the history of our collective sweet tooth, beginning with the sugar grown by enslaved people who had been uprooted and shipped vast distances to undertake the grueling labor on plantations. The combination of sugar and slavery would transform the tastes of the Western world. Masterfully insightful and probing, James Walvin reveals the relationship between society and sweetness over the past two centuries—and how it explains our conflicted relationship with sugar today.

Beating Sugar Addiction For Dummies *John Wiley & Sons*

Are you a sugar addict? *Beating Sugar Addiction For Dummies* provides you a safe and healthy path to overcome your addiction, eliminate stress eating, and upgrade your nutrition for a healthier lifestyle. Sugar addiction is a rapidly growing epidemic that can lead to obesity, chronic fatigue, diabetes, and a host of other medical and psychological problems. *Beating Sugar Addiction For Dummies* helps those who are affected by this commonly overlooked addiction to outsmart their sugar cravings and overcome their addiction. The tips in this book will help you: Learn to stop stress eating and perform a nutrition makeover that makes the low-sugar lifestyle easy! Stop the frustration of yo-yo dieting, and finally find an eating plan that works. Free yourself from the grip of sugar addiction and regain control over your life. *Beating Sugar Addiction For Dummies* contains everything you need to start your journey down the road to wellness: Four common types of sugar addicts – which one are you? Finally understand carbs, protein, and fat with a simple nutrition system for weight loss and healthy eating, including what to choose and what to stay away from Detoxing from sugar and performing a kitchen makeover Eating mindfully – making purposeful decisions instead of stress eating How to survive holidays, restaurants, and special occasions Building a support system Exercise programs for energy and weight loss Speedy low-sugar recipes for breakfast, lunch, dinner, snacks, and desserts Staying on track

and breaking the cycle of failure – including a step-by-step list of exactly what to do when a sugar craving strikes! If you're one of the millions of people worldwide who relies too much on sugar for energy, comfort, or convenience, *Beating Sugar Addiction For Dummies* is your no-nonsense guide to decreasing your sugar intake, losing weight, and changing your life for the better!

Sugar

A Global History *Reaktion Books*

It's no surprise that sugar has been on our minds for millennia. First cultivated in New Guinea around 8,000 B.C.E., this addictive sweetener has since come to dominate our appetites—whether in candy, desserts, soft drinks, or even pasta sauces—for better and for worse. In this book, Andrew F. Smith offers a fascinating history of this simultaneously beloved and reviled ingredient, holding its incredible value as a global commodity up against its darker legacies of slavery and widespread obesity. As Smith demonstrates, sugar's past is chockfull of determined adventurers: relentless sugar barons and plantation owners who worked alongside plant breeders, food processors, distributors, and politicians to build a business based on our cravings. Exploring both the sugarcane and sugar beet industries, he tells story after story of those who have made fortunes and those who have met demise all because of sugar's simple but profound hold on our palates. Delightful and surprisingly action-packed, this book offers a layered and definitive tale of sugar and the many people who have been caught in its spell—from barons to slaves, from chefs to the countless among us born with that insatiable devil, the sweet tooth.

The Case for Keto

Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating *Anchor Books*

For fifty years, the medical establishment has preached the same rules for losing weight: restrict calories, eat less, and exercise more. Yet in that time, obesity in the United States has skyrocketed. So why has this prescription so clearly failed? Based on twenty years of investigative reporting and interviews with more than a hundred practicing physicians who embrace ketogenic (low-carbohydrate, high-fat) eating as the best formula for health, here bestselling author Gary Taubes puts the keto movement in the necessary historical and scientific perspective. He makes clear the vital misconceptions about obesity and diet (no, people do not become fat simply by eating too much or being sedentary; hormones play the critical role) and uses collected clinical experience from the medical community to provide much-needed practical advice on healthy eating. A groundbreaking manifesto for the fight against obesity and diabetes, in *The Case for Keto*, Taubes reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how ketogenic diets can help many of us achieve and maintain a healthy weight for life.

That Sugar Book

This book will change the way you think about 'healthy' food *Pan Macmillan*

In the health documentary *That Sugar Film*, writer and director Damon Gameau enlists the help of Stephen Fry, Hugh Jackman and leading scientists around the world to shine a light on the terrible effects of sugar. In a Supersize Me-style experiment, he changes his diet to include 40 teaspoons of sugar a day for 60

days - the average daily sugar intake in Australia - and monitors the effect on his body. But here is the catch - he cannot eat chocolate, sweets, ice cream or cake; the sugar must come from 'healthy' foods. In this illustrated *That Sugar Book*, Damon explains how sugar damages our bodies and our minds, and how easy it is to consume sugar without even knowing it. Revealing the astonishing amounts of sugar hidden in supposedly healthy foods on supermarket shelves - such as low-fat yoghurt, muesli and children's fruit snacks - Damon makes us realise the damage we unknowingly do to ourselves and our families when we make poor food choices, and shows us how to make it right. With an up-close account of Damon's sugar experiment, and sugar-free recipes to help you wean off the white stuff, *That Sugar Book* is a startling wake-up call to those of us who have never questioned what's really in our food.

Sugar Crush

How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health *Harper Collins*

A shocking look at the link between sugar, inflammation, and a host of preventable chronic diseases—perfect for fans of bestselling author Gary Taubes' *The Case Against Sugar*—from leading nerve surgeon Dr. Richard Jacoby. What Grain Brain did for wheat, this book by a leading peripheral nerve surgeon now does for sugar, revealing how it causes crippling nerve damage throughout the body—in our feet, organs, and brain—why sugar and carbohydrates are harmful to the body's nerves, and how eliminating them can mitigate and even reverse the damage. If you suffer from ailments your doctors can't seem to diagnose or help—mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness—nerve compression is the likely cause. *Sugar Crush* exposes the shocking truth about how a diet high in sugar, processed carbohydrates, and wheat compresses and damages the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, along with a host of related conditions, including migraines, gall bladder disease, and diabetes. Over the years, Dr. Richard Jacoby has treated thousands of patients with peripheral neuropathy. Now, he shares his insights as well as the story of how he connected the dots to determine how sugar is the common denominator of many chronic diseases. In *Sugar Crush*, he offers a unique holistic approach to understanding the exacting toll sugar and carbs take on the body. Based on his clinical work, he breaks down his highly effective methods, showing how dietary changes reducing sugar and wheat, coinciding with an increase of good fats, can dramatically help regenerate nerves and rehabilitate their normal function. *Sugar Crush* includes a quiz to assess your nerve damage, practical dietary advice, and the latest thinking on ways to prevent and reverse neuropathy. If you have diabetes, this essential guide will help you understand the dangers and give you the tools you need to make a difference beyond your doctor's prescriptions. If you have the metabolic syndrome or prediabetes, or are just concerned about your health, it will help you reverse and prevent nerve damage.

Lick the Sugar Habit

Sugar Addiction Upsets Your Whole Body Chemistry *Penguin*

Are you a sugarholic? As Americans, we consume on average 150 pounds of sugar a year, and that's as bad for you as it sounds. Sugar upsets body chemistry and devastates the endocrine and immune systems, leading to a host of diseases and conditions

including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, obesity, periodontal disease, tooth decay, and more. A sugarholic since childhood, Dr. Nancy Appleton cured herself of chronic illnesses by changing her diet. In *Lick the Sugar Habit*, she explains how it worked for her, and how it can help you too through a variety of simple techniques, and mouth-watering, healthful recipes. Are you a sugarholic? Answer the questionnaire to find out Test yourself for food allergies caused by sugar End sugar-related calcium loss, heartburn, and indigestion—without drugs! Follow one of three detailed food plans to east yourself into a low-sugar life Through a variety of simple techniques, learn how to banish sugar cravings Savor healthy, hearty dishes like Hot Asparagus Soup, Persian Lamb and Bean Stew, and Savory Pepper Pilaf. Choose from an entire chapter of easy-to-prepare recipes

The Sugar Fix

The High-Fructose Fallout That Is Making You Fat *a Simon and Schuster*

A pioneering doctor and research scientist presents compelling arguments linking the consumption of high fructose corn syrup to rising obesity levels, diabetes, and other health issues, in a reference that shares guidelines for reducing fructose intake and countering its negative effects. Simultaneous.

Fat Chance

The Hidden Truth about Sugar, Obesity and Disease *Fourth Estate*

Documenting the science and the politics that has led to the pandemic of metabolic syndrome - whose symptoms include obesity, diabetes and heart disease - Robert Lustig exposes for the first time how changes in the food industry and in our wider environment have affected our collective metabolisms and waistlines.

Bad Science

The Short Life and Weird Times of Cold Fusion *Random House Incorporated*

A science journalist brings to life one of the greatest scientific frauds of our times with the story of the two obscure researchers who claimed to have discovered a clean, no-fuss method for harnessing the energy of a hydrogen bomb. 20,000 first printing.

The Case for Keto

A revelatory expose of the bad science behind conventional weight loss advice, arguing for low-carb high-fat diets, from the bestselling author of *The Case Against Sugar*.

Salt Sugar Fat

How the Food Giants Hooked Us *Signal*

From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. *Salt Sugar Fat* is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original

reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). *Salt Sugar Fat* is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

The Fat Chance Cookbook

More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight *Penguin*

The long-awaited cookbook companion to the instant New York Times bestseller *Fat Chance* shows you how to beat the odds—deliciously Dr. Robert Lustig's message that a calorie is not a calorie revolutionized our understanding of weight loss and nutrition. But in order to avoid the hidden sugars that threaten our health and waistlines, Dr. Lustig warns that we must transform the way we shop, cook, and eat. Teaming up with Cindy Gershen—a chef who's lost more than one-hundred pounds on his plan—Dr. Lustig shows readers how to:

- Stock a pantry
- Prepare more than 100 fast and delicious recipes
- Feed a family—kids included—healthy foods they'll love
- Make entertaining easy and nutritious

More timely than ever now that newest edition of The Dietary Guidelines for Americans has for the first time placed hard limits on the amount of sugar we should consume, *The Fat Chance Cookbook* shows you how to lose weight, find your way back to health, and still enjoy delectable, memorable meals.

Sugarproof

Protect Your Family from the Hidden Dangers of Excess Sugar with Simple Everyday Fixes *Penguin*

A leading childhood nutrition researcher and an experienced public health educator explain the hidden danger sugar poses to a child's development and health and offer parents an essential 7- and 28-day "sugarproof" program. Most of us know that sugar can wreak havoc on adult bodies, but few realize how uniquely harmful it is to the growing livers, hearts, and brains of children. And the damage can begin early in life. In his research on the effects of sugar on kids' present and future health, USC Professor of Pediatrics and Program Director for Diabetes and Obesity at Children's Hospital Los Angeles Michael Goran has found that too much sugar doesn't just cause childhood obesity, it can cause health issues in kids who are not overweight too, including fatty liver disease, prediabetes, and elevated risk for eventual heart disease. And, it is a likely culprit in the behavioral, emotional, and learning problems that many children struggle with every day. In a groundbreaking study, Goran's team conducted a detailed analysis of the sugary products that kids love and found that these yogurts, cereals, sodas, and juices often had more sugar than advertised and also contained different types of sugar than were being disclosed. Today's children are not just consuming more sugar than ever, but they are consuming sugars that are particularly harmful to them--and their parents don't even know it. The news is dire, but there is also plenty of hope. We can prevent, address, and even in many cases reverse the effects of too much sugar. In this guide to "Sugarproof" kids, Dr. Goran and co-author Dr. Emily Ventura, an expert in nutrition education and recipe development, bust myths about the various types of sugars and sweeteners, help families identify sneaky sources of sugar in their diets, and suggest realistic, family-based solutions to reduce sugar consumption and therefore protect kids. Their unique "Sugarproof" approach teaches parents to raise informed

and empowered kids who can set their own healthy limits without feeling restricted. With a 7- and 28-day challenge to help families right-size sugar in their diets, along with more than 35 recipes all without added sugars, everyone can give their children a healthy new start to life.

Zero Sugar Diet

The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life *Ballantine Books*

NEW YORK TIMES BESTSELLER • Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, NBC's health and wellness contributor and bestselling author of *Zero Belly Diet*, *Zero Belly Smoothies*, and *Eat This, Not That!* With *Zero Sugar Diet*, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can't lose weight—and shows that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even "health" foods. Until now, there's been no way to tell how much added sugar you're eating—or how to avoid it without sacrifice. But with the simple steps in *Zero Sugar Diet*, you'll be able to eat all your favorite foods and strip away unnecessary sugars—losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential ones—swapping in whole foods and fiber and swapping out added sugars—you'll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You'll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, lost 12 pounds You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health and your life, armed with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeks' worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful *Zero Sugar* dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugars—and goodbye to your belly—with *Zero Sugar Diet*! Praise for *Zero Sugar Diet* "Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention."—The New York Times Book Review "A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet."—Library Journal "This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; 'an open letter from your pancreas') and will help readers rein in cravings and become savvy monitors of added sugar consumption."—Publishers Weekly

Overcoming Sugar Addiction

How I Kicked My Sugar Habit and Created a Joyful Sugar Free Life

The New Sugar Busters! Shopper's Guide

Discover Which Foods to Buy (And Which to Avoid) on Your Next Trip to the Grocery Store *Ballantine Books*

SUGAR BUSTERS!® forever changed the way Americans eat, offering a delicious new approach to diet and health. The SUGAR BUSTERS!® Shopper's Guide soon followed—and made finding SUGAR BUSTERS!®-friendly fare at the grocery store and supermarket a snap. Now, five years later, this revolutionary little guide has been completely revised and updated to include more food selections and more brand names than ever before. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! Organized like your grocery store, this handy book takes you aisle by aisle, department by department, pointing out exactly what you can and cannot eat, including: • fresh produce • meat • seafood • dairy • deli • bakery/breads • beverages • snacks • prepared foods • condiments Also includes essential tips for lite-weight travel and reading food labels

Sugar Shock!

How Sweets and Simple Carbs Can Derail Your Life-- and How You Can Get Back on Track *Penguin*

The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple, sugar-free success strategies. There's no sugarcoating it: succumbing to sweets too often could damage your health. But to what extent? Most readers already know that succumbing to sweets too often can lead to obesity and diabetes. What many don't know, however, is that too many "quickie carbs" can bring on a host of other maladies—such as "brain fog," fatigue, mood swings, heart disease, and even cancer—from which millions may be suffering because of their sugar or carbohydrate habits. In this engaging, jargon-free book, Connie Bennett and contributing author Dr. Stephen T. Sinatra bring you the shocking truth, backed by medical studies. With insights from thousands of physicians, nutritionists, researchers, and "sugar sufferers" worldwide, SUGAR SHOCK!™ will teach you how to kick the sugar habit for good. "Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life—a double whammy for humanity."—Mehmet C. Oz, M.D., host of The Dr. Oz Show

The Elusive Benefits of Undereating and Exercise

from Why We Get Fat *Vintage*

It should come as no surprise that low calorie and low fat diets rarely accomplish what they are expected to do—improve health and slim waistlines. Likewise, exercise, however beneficial it may be to fitness, only increases appetite and so often hinders weight loss. In this sharp and persuasive piece, acclaimed and bestselling science writer Gary Taubes exposes erroneous nutritional guidelines and finally provides evidence to curb misguided "calories-in, calories-out" model for why we get fat. A Vintage Shorts Wellness selection. An ebook short.

Eat for Life

The Food and Nutrition Board's Guide to Reducing Your Risk of Chronic Disease *National Academies Press*

Results from the National Research Council's (NRC) landmark study Diet and health are readily accessible to nonscientists in this friendly, easy-to-read guide. Readers will find the heart of the book in the first chapter: the Food and Nutrition Board's nine-point dietary plan to reduce the risk of diet-related chronic illness. The nine points are presented as sensible guidelines that are easy to follow on a daily basis, without complicated measuring or calculating—and without sacrificing favorite foods.

Eat for Life gives practical recommendations on foods to eat and in a "how-to" section provides tips on shopping (how to read food labels), cooking (how to turn a high-fat dish into a low-fat one), and eating out (how to read a menu with nutrition in mind). The volume explains what protein, fiber, cholesterol, and fats are and what foods contain them, and tells readers how to reduce their risk of chronic disease by modifying the types of food they eat. Each chronic disease is clearly defined, with information provided on its prevalence in the United States. Written for everyone concerned about how they can influence their health by what they eat, Eat for Life offers potentially lifesaving information in an understandable and persuasive way. Alternative Selection, Quality Paperback Book Club

How to Cook Everything Fast

A Better Way to Cook Great Food *Houghton Mifflin Harcourt*

Demonstrates how to minimize cooking times while becoming more intuitive in the kitchen, sharing hundreds of simple, flavorful dishes that can be prepared in fifteen to forty-five minutes.

Food Law and Policy *Aspen Publishing*

Food Law and Policy surveys the elements of modern food law. It broadens the coverage of traditional food and drug law topics of safety, marketing, and nutrition, and includes law governing environment, international trade, and other legal aspects of the modern food system. The result is the first casebook that provides a comprehensive treatment of food law as a unique discipline. Key Features: Draws together cases with other regulatory materials such as rulemaking documents and agency requests for proposals for grant funding. Focuses on federal law and includes discussion of innovations in food law happening at the municipal, state and federal level. Covers the latest developments in food law.

Suckered

The History of Sugar Our Toxic Addiction Our Power to Change

Suckered tracks the stealthy infiltration of one of America's greatest threats, a silent killer 10,000 years in the making -- sugar. From Napoleon to Fidel Castro, sugar's role in transforming societies and defining national boundaries is explored and reveals the shocking truth of how sugar has come to saturate our diets. Dr. Eisenberg unveils this addictive toxin's ability to wreak havoc on our biological systems, from diabetes to cancer, heart disease to dementia, hypertension to obesity, and more. With a plan for the future to empower personal and nationwide change, Suckered provides insight into combatting the nation's biggest addiction.

Ending Addiction for Good

The Groundbreaking, Holistic, Evidence-Based Way to Transform Your Life *Wheatmark, Inc.*

There is hardly a family in the post-industrial world that hasn't been affected in some way by addiction. Yet seeking treatment for a struggling loved one is, for most people, a frightening and overwhelming prospect. Ending Addiction for Good offers a powerful message of hope. Drawing on their own histories of addiction recovery, authors Taite and Scharff examine the unique and highly successful treatment protocol practiced at the Cliffside Malibu Addiction Treatment Center. Using clear and direct language, they look beyond the limits of conventional treatment

to show how creating an individualized, evidence-based, and integrated approach that targets the whole person - mind, body, and spirit - not just the addiction, can provide a sure path to recovery. In doing so, they empower both the addict and the families of addicts to begin their recovery. Ending Addiction for Good may well be the most important book dealing with alcoholism and drug addiction to come along in years.

Sweet Poison *Penguin Group Australia*

David Gillespie was 40kg overweight, lethargic, sleep-deprived and the father of four, with twins on the way. He knew he needed to lose weight fast, but he had run out of diets - all had failed. After doing some reading on evolution (why weren't our forebears fat?), David cut sugar - specifically fructose - from his diet. He immediately started to lose weight, and kept it off. Slim, trim and fired up, David set out to look at the connection between sugar, our soaring obesity rates and some of the more worrying diseases of the twenty-first century, and discovered some startling facts in the process. Sugar was once such a rare resource that nature decided we didn't need an off-switch - in other words, we can keep eating sugar without feeling full. In the space of 150 years, we have gone from eating no added sugar to more than a kilogram a week. You would need to run 7km every day of your life just to not put on weight as a result of eating that much sugar. Two decades ago 1 in 14 adult Australians were obese; that figure is now 1 in 5. The 'natural' sugar in one glass of unsweetened fruit juice per day for a year is enough to add just over 2.5kg your waistline. The more sugar we eat, the more we want. Food manufacturers exploit our sugar addiction by lacing it through 'non-sweet' products, such as bread, sauces, soups and cereals. Sweet Poison exposes one of the great health scourges of our time and offers a wealth of practical and accessible information on how to avoid fructose, increase your enjoyment of food and lose weight.

Cravings

How I Conquered Food *Anchor*

"Since childhood, Judy Collins has been preoccupied, haunted, seduced, and taunted by food, a problem that nearly cost her her career and her life. For decades she thought her food issues were moral issues--lack of self-will, lack of discipline--and she worked hard at controlling what she thought of as her shameful inclinations, employing measures that led to serious health complications. Today she knows she was born with an addiction to sugar and grains, flour and wheat. The discovery of a solution to her problem prompted the desire to share what she has learned, which has brought her peace of mind, a clean food plan, years of maintaining the same weight, and a glow of joy and health"--

The Sugar Detox

Lose Weight, Feel Great, and Look Years Younger *Da Capo Lifelong Books*

Learn how kicking your sugar habit can help you lose weight and get glowing, younger-looking skin with a proven three-day jumpstart plan and four-week program. Science shows that sugar can seriously damage our health--and yet we're consuming more of it every year. Not only does excess sugar make us sick, overweight, and tired, it dulls skin and ages us well beyond our years. In The Sugar Detox, acclaimed nutritionist Brooke Alpert and skincare guru Patricia Farris have combined their expertise to offer an easy plan to slim your waistline, restore your energy, and rejuvenate your skin. The Sugar Detox will put you on the path to

feeling--and looking--your absolute best, with: A proven three-day jumpstart plan to break your sugar addiction A four-week meal plan incorporating healthy sugars Shopping lists and satiating recipes Strategies for combating cravings and dining out Lists of key health-supporting superfoods Tips on surprising places where sugar lurks

Good Sugar Bad Sugar

Eat yourself free from sugar and carb addiction *Arcturus Publishing*

READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Metabolical

The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine *HarperCollins*

The New York Times bestselling author of Fat Chance explains the eight pathologies that underlie all chronic disease, documents how processed food has impacted them to ruin our health, economy, and environment over the past 50 years, and proposes an urgent manifesto and strategy to cure both us and the planet. Dr. Robert Lustig, a pediatric neuroendocrinologist who has long been on the cutting edge of medicine and science, challenges our current healthcare paradigm which has gone off the rails under the influence of Big Food, Big Pharma, and Big Government. You can't solve a problem if you don't know what the problem is. One of Lustig's singular gifts as a communicator is his ability to "connect the dots" for the general reader, in order to unpack the scientific data and concepts behind his arguments, as he tells the "real story of food" and "the story of real food." Metabolical weaves the interconnected strands of nutrition, health/disease, medicine, environment, and society into a completely new fabric by proving on a scientific basis a series of iconoclastic revelations, among them: Medicine for chronic disease treats symptoms, not the disease itself You can diagnose your own biochemical profile Chronic diseases are not "druggable," but they are "foodable" Processed food isn't just toxic, it's addictive The war between vegan and keto is a false war--the combatants are on the same side Big Food, Big Pharma, and Big Government are on the other side Making the case that food is the only lever we have to effect biochemical change to improve our health, Lustig explains what to eat based on two novel criteria: protect

the liver, and feed the gut. He insists that if we do not fix our food and change the way we eat, we will continue to court chronic disease, bankrupt healthcare, and threaten the planet. But there is hope: this book explains what's needed to fix all three.

Suicide by Sugar

A Startling Look at Our #1 National Addiction *Square One Publishers, Inc.*

It is a dangerous, addictive white powder that can be found in abundance throughout this country. It is not illegal. In fact, it is available near playgrounds, schools, and workplaces. It is in

practically everything we eat and drink, and once we are hooked on it, the cravings can be overwhelming. This white substance of abuse is sugar. Over two decades ago, Nancy Appleton's *Lick the Sugar Habit* exposed the health dangers of America's high-sugar diet. Now, in *Suicide by Sugar*, Appleton, along with journalist G. N. Jacobs, presents a broader view of the problems caused by our favorite ingredient. The authors offer startling facts that link a range of disorders—from dementia and hypoglycemia to obesity and cancer—to our growing sugar addiction. Rounding out the book is a sound diet plan along with a number of recipes for sweet, easy-to prepare dishes—all made without sugar or fruit. *Suicide by Sugar* shines a bright light on our nation's addiction and helps us begin the journey toward health.