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# Eliminating Sugar From My Diet How I Lost 40 Pounds By Eating Less Fructose And Carbs

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Eventually, you will categorically discover a extra experience and exploit by spending more cash. still when? complete you agree to that you require to acquire those every needs subsequent to having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more vis--vis the globe, experience, some places, taking into account history, amusement, and a lot more?

It is your unquestionably own time to put on an act reviewing habit. accompanied by guides you could enjoy now is **Eliminating Sugar From My Diet How I Lost 40 Pounds By Eating Less Fructose And Carbs** below.

*Eliminating Sugar From My Diet How I  
Lost 40 Pounds By Eating Less  
Fructose And Carbs*

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## **RANDOLPH HERRERA**

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### *Meals That Heal Ten Speed Press*

Did you ever think of yourself as a sugar addict? Chances are, you probably haven't. Yet, without realizing it, many of us are heavily addicted to sugar. And it's no longer a joking matter. Recently, a study by health professionals in the USA, discovered that sugar can be more addictive than hard drugs, such as Cocaine. No wonder we feel so attached to sugar! In this book, I'd like to tell you my own story how I managed to successfully fight this addiction. I will share with you some of the critical facts and personal discoveries that I have learned in my journey to cut sugar from my diet. After finishing this book I am confident that

you will stop consuming so much of that sugary sweetness and will enjoy your new healthier and happier life! What you will find in my book: - I will explain you in simple terms the reasons for sugar cravings - I will show you what happens when you eat sugar and why is it so hard to avoid it - You will learn about the different types of sugar and which ones are especially bad for you - I will explain what is going to happen when you start eliminating sugar from your diet - I will provide you with a list of practical and easy to follow tips to help you follow my sugar detox program - I will provide you with a detailed 3-course meal plan for each day in the sugar detox program - You will get detailed recipes with step-by-step cooking instructions, tips and tricks - Finally, I will also provide you with alternative recipes in case you are allergic to some particular ingredients I managed to completely cut out the hidden sugars from my diet and it worked for me. So why

wouldn't you be able to do the same? Go ahead, get my 10-days Sugar Detox Plan and live a healthier and happier life too!

Sugar Love Sourcebooks, Inc.

Beat your sugar cravings and kick-start healthier habits with this dietary detox specially designed for seniors. Sugar crash? Again? As your body ages, many things change—including your metabolism and the way your body reacts to certain foods. The Sugar Detox Diet for 50+ explains the science behind this and outlines strategies for starting a gentle dietary detox today, including: Eliminating high-sugar fruits, vegetables, and snacks Increasing water intake and hydration levels Adding more protein to your meals And much more! Registered dietitian and author Dr. Dana Elia explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. Taming your sweet tooth has never been easier!

No Sugar Diet for Beginners Fair Winds Press

This guideline provides updated global, evidence-informed recommendations on the intake of free sugars to reduce the risk of NCDs in adults and children, with a particular focus on the prevention and control of unhealthy weight gain and dental caries. The recommendations in this guideline can be used by policy-makers and programme managers to assess current intake levels of free sugars in their countries relative to a benchmark. They can also be used to develop measures to decrease intake of free sugars, where necessary, through a range of public health interventions. Examples of such interventions and measures that

are already being implemented by countries include food and nutrition labelling, consumer education, regulation of marketing of food and non-alcoholic beverages that are high in free sugars, and fiscal policies targeting foods and beverages that are high in free sugars. This guideline should be used in conjunction with other nutrient guidelines and dietary goals, in particular those related to fats and fatty acids (including saturated fatty acids and trans-fatty acids), to guide development of effective public health nutrition policies and programmes to promote a healthy diet.

*Learning, Teaching, Leading* Clarkson Potter

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

The Sugar Detox Diet for 50+ CreateSpace

Press the reset button mentally and physically--start craving vegetables with this day-by-day, meal-by-meal guide Traditional

"referee-oriented" sugar detox methods can feel like torture. You may have tried them, not being able to stop thinking about the candy bar in your cupboard that you just can't bring yourself to throw away. It's not just on you. The Diabetes Council reports that 90% of us consume more than the recommended daily intake of sugar. The anxious, bloated, shaking feelings and downers you get with sugar are real. But they're not your fault. According to The Guardian, sugar is addictive in the way that cocaine also is. Junk food companies know this and depend on turning sugar consumption into a lifestyle. It's a lifestyle that kills. Harvard Medical School reports that too much sugar can increase your risk of heart disease, even if you're not overweight! Don't buy into an industry that thrives off of shaming and guilt-tripping you at every opportunity. Don't give in to the fast-food industry that profits by 'hooking' you. Your life is bound to get crazy, but don't let your eating habits jump on the crazy train when it does. This no-shame guide is there for you through good and bad. In Unlove Sugar, here is just a fraction of what you will discover: The single most important thing you have to drink every day to redefine an abusive relationship with food 40+ mouthwatering, easy-to-prepare recipes that you can adapt to any diet The key to unlocking the secret that McDonald's food scientists use to make you a sugar junkie like drug dealers addict you to cocaine How to beat the 56 lies that food industries use to keep us eating sugar, as well as the game-changer that will put you on the path to quitting sugar without spending a dime A confidential, judgment-free brain test to measure the health of your brain on sugar without spending hundreds on a psychological analysis 3 nutritionist-approved self-guided baseline assessments and

checklists to guide you through your detox The 19 danger foods to clean out from your pantry if you don't want to give in to temptation, including the best strategies to help recognize your trigger foods The 12 "Say Yes to Success" food groups that you can love to keep on loving The simple culinary trick that will cut your cravings for under \$20 The 4-step strategy Kate Hudson used to stop the daily afternoon sugar cravings Exclusive access to an online group that will support you unconditionally throughout your journey And much more. You may have already gone through years of medical treatments for anything from skin conditions to crippling anxiety--nothing works. Unlove Sugar takes a dramatically different tact. Written by a nutritionist based purely on the success stories of others, this comprehensive, easy-to-follow guide can change the way you feel both mentally and physically in just 10 days. Maybe diabetes runs in your family. Maybe you've just gotten a difficult diagnosis. Maybe you've simply decided to take your future into your own hands. Whatever the case may be, don't let your sugar addiction win. If you're serious about wanting to kick the sugar habit and want a guilt-free how-to guide to succeed in just 10 days, then scroll up and click "Add to Cart" right now.

*Sugar Detox for Beginners* Simon and Schuster

When I was twelve years old, I discovered I had a blood clotting disorder called 'factor five Leiden'. Diet and exercise play a huge role in the condition but I was 5'2" tall and weighed 158. Cutting down on the carbs -- the high glycemic ones -- has been the key. I now know the difference between the high glycemic carbs, like bread, pasta and sodas, and the less glycemic ones like fruits and vegetables. There have been many benefits of my weight loss

and continued maintenance. I've lost over 40 lbs. Join me to find the best way to your weight loss journey!

### **Sugarproof** CreateSpace

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 / One Month** Createspace Independent Publishing Platform

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

Sugar Free 3 Independently Published

You Too Can Eliminate or Reduce Your Sugar Intake in Just 30 Days We all eat far too much sugar, perhaps more than we realize, often with negative health consequences. Yet, within 30 days, we can eliminate it from our diet. With a little perseverance, and making small changes to how you eat, you too can have a sugar-free diet, without compromising on flavor. Reducing or eliminating sugar from your diet will give you much more energy. No longer will you be a slave to quick-fix sugary snacks that give you a short-lived burst of energy. Eat foods that are naturally high in slow-releasing sugars, ensuring you have more energy, all day long! Have you struggled with weight loss? Is your blood sugar level at a dangerous high? Do you get shaky in between meals? Let this book show you how to: \* Lose Weight\* Reduce your risk of diabetes\* Make changes to how you eat\* Get a back-up plan at the ready\* Learn how to stabilize your moods\* Enjoy natural sweeteners\* And so much more! Within 30 days, you will be consuming a lot less sugar, while exploring new foods that are just as sweet. Put those sugary snacks down, and pick this book up, so like me, you too can eliminate sugar in just 30 days.

**The Case Against Sugar** Dorling Kindersley Ltd

No Sugar In Me isn't an all-or-nothing detox or a quick-fix diet. This book is about changing your lifestyle through eliminating added, processed, refined sugar from your diet and embracing better nutrition to gain better health! Join the No Sugar Revolution and you will experience Weight Loss, Younger-Looking Skin, Increased Energy, Better Sleep, Clearer Focus, a Brighter

Smile, Increased Performance, Improved Endurance, a Longer Life, and you'll have a much greater health outlook for the rest of your life! Learn what sugar really does to your health, how it is hidden in the food you eat every day, and the cold hard truth about artificial sweeteners. How much sugar are you eating? Find out inside! Bonus: We've included a simple, one-week No Sugar Quick-start Meal Plan to get you on your way to the healthiest you've ever been. Also included are simple, but delicious, No Sugar Food Swaps, a special section on how to Crush Your Sugar Cravings and how to bring your kids into the No Sugar lifestyle with you. After reading this book, you'll be leading the way in the No Sugar Revolution and you'll proudly be saying: No Sugar In Me, I am sweet enough!

Guideline: Sugars Intake for Adults and Children World Health Organization

Do you want to lose weight? In *BLAST the Sugar Out!*, Ian K. Smith, #1 New York Times bestselling author of *The Shred Power Cleanse*, will guide you to eat well—and frequently—while controlling carbohydrates and dropping pounds to get to goal. You will lose weight on this diet—and start losing fast. Has your doctor suggested you get your blood sugar numbers down? This 5-week plan comprised of simple, affordable, accessible food as well as more than 50 sugar swaps will immediately lower your blood sugar levels painlessly and easily. Do you need a plan that will decrease your fat and increase your lean muscle? The *BLAST the Sugar Out!* five-week program is structured and clear about what you must eat at meals and for snacks every day to keep on track. There's no meal skipping, plenty of food, and short bursts of exercise to super-charge your results. You won't be hungry on

*BLAST the Sugar Out!* You'll eat, drink, and learn to really taste good food again. Features more than 45 recipes for breakfast, lunch, dinner and smoothies to satisfy every craving.

Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - a Sugar Buster Super Detox Diet Galvanized Media

div *The No-Fail Plan to Beating Sugar Addiction!* With one-third of our calories coming from sugar and white flour added to processed foods, sugar addiction is a rapidly growing epidemic. However, unlike other addictions, going “cold turkey” won't fix it. In this groundbreaking book, nationally recognized physician Dr. Jacob Teitelbaum uncovers four types of sugar addiction and gives a step-by-step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels—while also making it easier to lose weight! /DIV

Why Diets Fail (Because You're Addicted to Sugar) Anchor

This revolutionary eating plan reveals definitive proof that sugar is addictive, and presents the first science-based program to cut out the sugar, stop the cravings that cause most diets to eventually fail, and lose weight--permanently. If you're like most people, you've tried a few (or maybe many) different diets without success. The truth is, most diets work for a while, but there's usually a point at which the dietary restrictions become too difficult to maintain. Why? Because whether you're following a low-carb, paleo, gluten-free, or even an all-liquid green juice diet, the addictive nature of sugar causes cravings to take over and sabotage your diet-of-the-moment. In *Why Diets Fail*, Dr. Nicole M. Avena and John R. Talbott reveal definitive proof that

sugar is addictive and present the first science-based program to stop the cravings and lose weight—permanently. A neuroscientist and food addiction expert, Dr. Avena has conducted groundbreaking research showing that sugar triggers the same responses in the brain as addictive drugs like cocaine, nicotine, and alcohol. And like those other substances, the more sugar you eat, the more you need to get the same pleasurable feelings. (No wonder your last diet didn't stick.) Avena and Talbott's eight-step plan walks you through the process of going sugar-free and surviving the make-or-break withdrawal period—those first few weeks when your body feels the absence of its favorite sweetener most acutely. An easy-to-use Sugar Equivalency Table developed by Talbott lists the amount of sugar in hundreds of common foods so you know precisely what to eat and what to avoid. And when it comes to what you can eat, you have a lot to choose from. In fact, you'll probably eat more on this diet than you normally do—while continuing to lose weight. This science-based program is the diet to end all diets. It will help you break the yo-yo dieting cycle, end those maddening sugar cravings, and develop a new longing for the good food that will keep you fit, healthy, and happy.

[Sugar-Free All Day - The Modern Sugar Detox Eating Guide for Eliminating Process Grand Central Life & Style](#)

Amazon Best Seller! (ASIN: B00GUXOCNM) Sugar, Carbs Detox and Weight Loss: Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is

almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In "Overcoming Your Sugar Addiction" you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you should cut it from your diet. Readers will learn about: Sugar addiction and how it is a real problem; Added sugar and how it is not needed in food or the human metabolism; How sugar behaves in the body; How the body can work better without any added sugars; The best foods to choose in order to lose weight and avoid disease; Simple carbohydrates, hidden sugars, and artificial sweeteners are all unhealthy and should also be cut from the diet; Doing a true 21 Day Detox Diet; What to expect when cutting sugar from your lifestyle; Conquering the biggest challengers to sugar detox and elimination; and The various conspiracy theories and widespread efforts to keep sugar on our plates, in our drinks, and flooding our bodies. When finished reading this book you will not only be happy to eliminate sugar from your daily diet, but will also know exactly what steps to take to ensure success. If you are ready to end your addiction to sugar, improve your health, and optimize your body's fat burning capabilities, this is the perfect guide. In Conclusion... Addiction to sugar is real. Whether you use a formal sugar detox as described in this book, or you just gradually eliminate all sources of refined sugar and simple carbs from your diet, you will benefit greatly from the choice and the effort. Sugar is a drug that acts just like all of the world's other drugs. It

creates a rush of pleasure chemicals in the brain and it allows us to become tolerant to it. This creates the need for ever more of the drug to get the same response. When you cut this drug from your diet, you experience classic signs of withdrawal that range from emotional outbursts and depression to physical symptoms like headache and digestive upset. Be prepared for this, and be ready to combat the worst of the challenges because you are only doing yourself a lot of good by cutting out sugar from your life. You will want to find others who are experiencing the same issues that you are, and who have decided to stand against the pervasive poisoning of the general public through the "pushing" of sugar. Fortunately, this is something that is becoming more and more common. For the first time in decades, the public is paying attention to the sugar issue. People are talking about controversies associated with sugar and the marketing of sugary foods. They are aware that sugar is being added to everything, and entirely for the profit of the corn and food suppliers. We wish you the best of luck in your journey to freedom from sugar addiction. You will have many interesting experiences along the way, but the one you will enjoy the most is waking for the first time knowing that your body is free of something that may have been clouding your mind, altering your perception, and impacting the quality of your life. Once you are free of sugar and simple carbs, you won't want to go back to eating them. Instead, you will taste flavors as you never have before and discover what it means to be truly healthy.

[Beat Sugar Addiction Now!](#) Orion

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.

### **Get the Sugar Out, Revised and Updated 2nd Edition**

Sourcebooks, Inc.

Shrink your sugar belly and find your path to optimum health! Sugar—public health enemy #1 or an innocent indulgence? The Sugar Smart Diet, from Prevention—the leading healthy lifestyle brand in the US—has the answer. The powerful, proven 32-day plan helps you conquer cravings, gain energy, slash your risk of heart disease and diabetes, and drop pounds like never before—all while reclaiming the pure pleasure of sugar. You will: Lose up to 16 pounds and 16 inches in just 32 days Lower cholesterol, triglycerides, and blood pressure Never feel hungry Discover surprising sugar bombs along with healthy sugar swaps Indulge in 50 delicious sugar-smart recipes Learn how to enjoy sugar without triggering fatigue or weight gain or increasing the risk of diabetes, heart disease, and other ailments Discover how all this and more is possible when you get smart about sugar!

*Dr. Gott's No Flour, No Sugar(TM) Diet* Rodale

100+ delicious, quick, and easy anti-inflammatory recipes to make for the whole family—all ready in 30 minutes or less! “The real key to eating healthy for all ages—is reducing inflammatory foods and increasing certain nutrients. My challenge became how to make anti-inflammatory meals easy, quick, and most importantly, taste good,” writes Carolyn Williams in her bestselling cookbook, *Meals that Heal*, the FIRST anti-inflammatory book written by a James Beard Award-winning



registered dietician—and the FIRST multi-purpose book on the market for those who want to make changes before they have a condition. With more than 100 quick and tasty recipes featuring natural, healthy ingredients that have researched-backed abilities to cool inflammation, balance gut health, and detox the body, *Meals that Heal* will show you how to prevent future diseases, as well as heal or improve most conditions by making a few simple changes to your diet. Inside you'll find: -Information about Inflammation and its effects, including eating recommendations for carbs, proteins, and fats, as well as FAQs -A 4-Step Jumpstart Program: #1 Assess, #2 Detox and Restore, #3 Target or Reassess, #4 Eat and Feel Good -100+ Meals ready in 30 min or less that won't break your budget, including tips to make the recipes more family-friendly and how to prep in advance -Vegan, Gluten-Free, and Dairy-Free recipes, each marked with colorful graphics to make them easy to find, alongside nutritional information for each recipe in the book -A complete refrigerator/pantry stock list of anti-inflammatory foods, the top inflamers to avoid, a store-bought product buying guide, and on-the-go eating guidelines -7 different weekly menu plans covering the most common conditions: Detox and Restore, Prevent or Manage Type 2 Diabetes, Cancer Prevention, Heart Health, Brain Health, Joint Health and Pain Relief, and Autoimmune Conditions Now you can gain more energy, improve concentration, eliminate headaches and skin conditions, slow the aging process, and so much more, while eating easy and delicious meals!

**The New Sugar Busters!** Hippocrene Books  
NEW YORK TIMES BESTSELLER • A week-by-week guide to quitting sugar to lose weight, boost energy, and improve your

mood and overall health, with 108 sugarfree recipes. “Life without sugar is much sweeter than I ever imagined it would be.”—Shauna Ahern, *Gluten-Free Girl* Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar—both the obvious and the hidden kinds—soon became a way of life, and now Sarah shows you how you can quit sugar too: • Follow a flexible and very doable 8-week plan. • Overcome cravings. • Make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (*The Fat Chance Cookbook*), Sarma Melngailis (*Raw Food/Real World*), Joe “the Juicer” Cross, and Angela Liddon (*Oh She Glows*). *I Quit Sugar* makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant.

*Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction* Harmony

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 and Our Body* CreateSpace

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.