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Salt Sugar Fat How the Food Giants Hooked Us Michael

As a feat of reporting and a public service, Salt Sugar Fat is a remarkable accomplishment. The New York Times Book Review [Michael] Moss has written a Fast Food Nation for the processed food industry. Burrowing deep inside the big food manufacturers, he discovered how junk food is formulated to make us eat more of it and, he argues persuasively, actually to addict us. Michael

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The Extraordinary Science of Addictive Junk Food The New

On the evening of April 8, 1999, a long line of Town Cars and taxis pulled up to the Minneapolis headquarters of Pillsbury and discharged 11 men who controlled America's largest food companies.

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How Sugar Makes You Fat Greenfield Fitness Systems

How Sugar Makes You Fat. Look at how many grams of sugar are in what you're eating (on the nutritional label). Now divide that number by 4. That's how many teaspoons of pure sugar you're consuming.

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50 Years Ago Sugar Industry Quietly Paid Scientists To

Documents show that in the '60s, the sugar industry funded Harvard researchers who, examining risk factors of heart disease, dismissed concerns about sugar and doubled down on the dangers of fat.

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Sea Salt Caramel Carrot Cake Poke Cake Sugar Soul

This Sea Salt Caramel Carrot Cake Poke Cake is so sweet and delicious, you'll never want any other carrot cake again! Baked to perfection and saturated in sweetened condensed milk, then topped with a fluffy frosting and drenched in caramel sauce.

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Keto No Bake Chocolate Chip Cookie Fat Bombs Low Carb

This chocolate chip cookie fat bomb recipe is super quick and easy. The best part is that it doesn't require baking. We will be using cream cheese, butter, peanut butter and dark chocolate chips to make the cookie dough. Make sure the peanut butter you use is pure and natural with no added sugar. You can also use almond butter instead of peanut butter.

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Fat tax Wikipedia

A fat tax is a tax or surcharge that is placed upon fattening food, beverages or on overweight individuals. It is considered an example of Pigovian taxation. A fat tax aims to discourage unhealthy diets and offset the economic costs of obesity.. A fat tax aims to decrease the consumption of foods that are linked to obesity. A related idea is to tax foods that are linked to increased risk of

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Salt and Food Salt Institute

Salt and Food Overview. No single ingredient does more positive things for food than salt. We re not just talking about taking French fries from good to great, either.

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