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Salt Sugar Fat: How the Food Giants Hooked Us [Michael Moss] on Amazon.com. *FREE* shipping on qualifying offers. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Atlantic The Huffington Post Men s Journal MSN (U.K.) Kirkus Reviews Publishers Weekly #1 NEW YORK TIMES BESTSELLER WINNER OF THE JAMES BEARD FOUNDATION AWARD

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Salt Sugar Fat How the Food Giants Hooked Us by Michael Moss

Salt, Sugar, Fat (the book-that is) is a healthy read about the unhealthy industry of processed foods. Although a little long-winded at times (the only reason for the 4-star rating, otherwise it would have received a 5-star rating)this book will be a healthy addition to your diet.

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Salt Sugar Fat How the Food Giants Hooked Us by Michael

In his new book Salt Sugar Fat: How the Food Giants Hooked Us journalist Michael Moss takes us behind the labels and explores the history and practices of the processed food industry--a story that features the rise of salt, sugar and fat, and the deterioration of our health.

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Salt Sugar Fat is a interesting read on the daily poisons many people feed themselves with. It sheds an uncomfortable light on an industry s unethical modus operandi that has impacted, negatively, the life of millions.

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Salt Sugar Fat is a breathtaking feat of reporting. Michael Moss was able to get executives of the world s largest food companies to admit that they have only one job to maximize sales and profits and to reveal how they deliberately entice customers by stuffing their products with salt, sugar, and fat.

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Book Review: Salt Sugar Fat by Michael Moss by Theresa Diulus in Best Of Salt Sugar Fat s revelation that the food giants have been using psychological tricks in their marketing based on Freud s research from the 1920 s and 30 s was a surprise to me.

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Salt Sugar Fat Summary Four Minute Books

Salt Sugar Fat Summary February 2, 2016 January 3, 2018 niklasgoeke Self Improvement 1-Sentence-Summary: Salt Sugar Fat takes you through the history of the demise of home-cooked meals by explaining why you love salt, sugar and fat so much and how the processed food industry managed to hook us by cramming all 3 of those into their products.

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