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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 Summary Four Minute Books

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. This book is eye-opening. Michael Moss

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