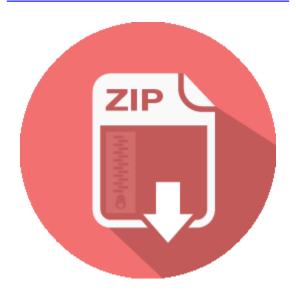
SUGAR ADDICTION BOOK



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Sugar Wikipedia

Sugar is the generic name for sweet-tasting, soluble carbohydrates, many of which are used in food. The various types of sugar are derived from different sources. Simple sugars are called monosaccharides and include glucose (also known as dextrose), fructose, and galactose. "Table sugar" or "granulated sugar" refers to sucrose, a disaccharide of glucose and fructose.

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Dear Alex, thank you for this excellent piece of research on sugar addiction. Although it s a newish academic topic, there s a great book by Michael Moss (Sugar, Salt and Fat) about how the food industry has formulated bliss points for (mostly) sweet foods to ensure continued consumption.

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