

BOOK SUGAR SALT FAT



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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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Well, yes and no. One thing Gladwell didn t mention is that the food industry already knew some things about making people happy and it started with sugar.

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Brown sugar Wikipedia

Brown sugar is a sucrose sugar product with a distinctive brown color due to the presence of molasses. It is either an unrefined or partially refined soft sugar consisting of sugar crystals with some residual molasses content (natural brown sugar), or it is produced by the addition of molasses to refined white sugar (commercial brown sugar).. The Codex Alimentarius requires brown sugar to

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