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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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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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What The Fat Book Low Carb Healthy Fat Sugar Free

What the Fat? Has become the bestselling Low-Carb, Healthy-Fat bible with over 30,000 copies sold in New Zealand and with editions in the United States, Australia, Canada, South Africa, China and Taiwan. The follow-up book What the Fast! Is the ultimate guide to how Super-Fasting on Monday and Tuesday will change your life.

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Gary Taubes Author of The Case Against Sugar Why We Get

This relates to the sugar question and was raised by Stephan Guyenet (a year and a half ago) in his not surprisingly negative review of my sugar book.

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Horizon Sugar vs Fat Zo Harcombe

Permalink. The fear of sugar is unnecessary. Not only have we seen clear evidence of what happens when someone eats a ton of carbs in this video but we can look at your average American which SURE gets tons of sugar BUT also gets a ton of fat.

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