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Salt Sugar Fat by Michael Moss is a review of how the food industry changed our eating habits (for the worst). Read here a summary of what that means to you, also available in PDF.
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Salt Sugar Fat How the Food Giants Hooked Us Book

their seats, Behnke particularly worried about how they would respond to the evening s most delicate matter: the notion that they and their companies had played a central role in creating this health crisis.
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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.
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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. The journalistic expose is inherently a tension-filled genre. On the one hand, there is often an issue of real public
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