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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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Praise 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.

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Salt Sugar Fat 15 Shocking Facts From the Book and Our

I recently read a book called Salt, Sugar, Fat: How the Food Giants Hooked Us , by Michael Moss. This is the first book that really tells the story of how food companies influenced the eating habits of an entire nation an entire planet.

<http://ebookslibrary.club/Salt--Sugar--Fat--15-Shocking-Facts-From-the-Book-and-Our--.pdf>

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