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Sugar Counter for Health: The Smart Person s Guide to Hidden Sugars

By Elizabeth Roberts

Souvenir Press Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 216 x 135 mm. Language: English . Brand New Book. As the dangers of sugar, especially added sugars, are becoming more apparent, there has never been a greater need to be able to know how much sugar we are consuming. There are many types of sugar, but only two of them, fructose and glucose, are associated with obesity, diabetes, and other health problems. Sugars can be hidden, and in this practical handbook Elizabeth Roberts lists the total sugar content of over 3,000 common foods and; uniquely, identifies the total amount of sugar (as well as the individual amounts of the differing types of sugar) to allow the reader to judge the health implications of their diet. The book includes a full guide to reading food labels and what to look for on a list of ingredients.



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