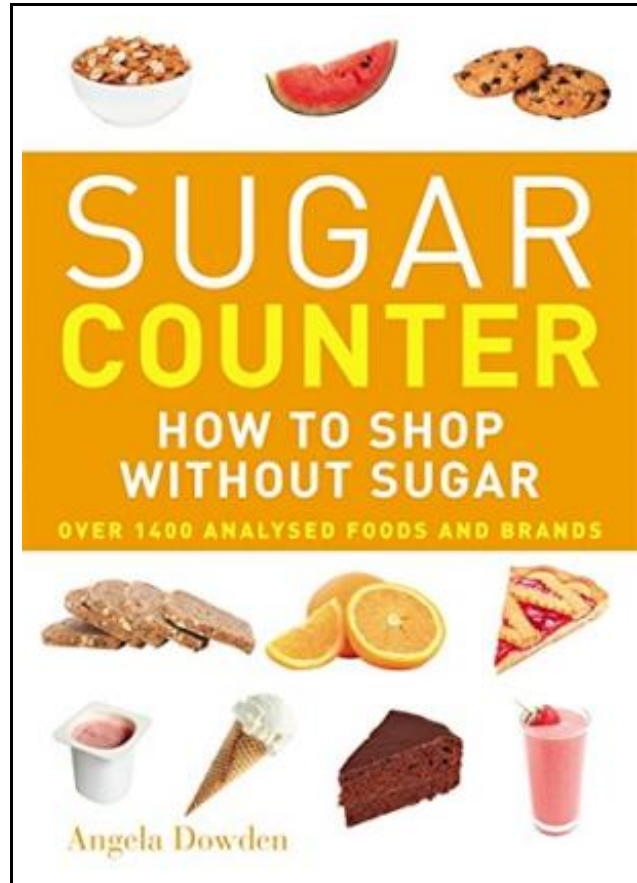


Sugar Counter: How to Shop Without Sugar



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Reviews

*A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.
(Dr. Grady Jacobi DDS)*

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Octopus Publishing Group, United Kingdom, 2014. Paperback. Book Condition: New. 151 x 109 mm. Language: English . Brand New Book. Everyone's talking about sugar - and how we can eat less of it. Low sugar diets have been everywhere in January 2014, but this time it's about more than new year, new you fad diets - the danger of this ubiquitous food have been confirmed by extensive scientific research which links high sugar consumption to a whole range of serious health problems including diabetes and heart disease. The good news is that we can easily protect ourselves and our families from this threat by simply moving our dietary focus away from sugar and towards the kind of foods our bodies really need to function well - whole grains and high-fibre foods. With the Sugar Counter, you can now check what's really in the food you put in your trolley as you walk around the shop or do your online order for the week, and there is a simple traffic light system to mark high/low sugar content. With over 1000 everyday foods covered, both branded and unbranded, and daily food planners to give an idea of a healthy level of sugar consumption, you can control your sugar intake, rather than the other way around.



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