



The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! (Thorndike Large Print Lifestyles)

Anne Alexander, Julia VanTine

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Sugar is the most controversial subject in the American diet debates today--alternately viewed as public health enemy No. 1 and an innocent indulgence. A "New York Times" bestseller in hardcover, "The Sugar Smart Diet" reveals the suite of hidden sugars in food that have skyrocketed the nation's annual sugar intake to more than 130 pounds per person (sugar is not hiding where most people think), identifies which popular sugar increases the body's ability to store fat, and explains how excess sugar leads to diabetes, heart disease, and more.

"The Sugar Smart Diet"'s 32-day plan uniquely addresses the emotional and physiological effects of sugar, empowering readers to take charge of sugar, rather than letting sugar take charge of them.

"Once rare in the human diet, sugar is now ubiquitous and often hidden in unexpected places. Simply becoming aware of sugar can help you cut your intake, which is one of the smartest moves you can make to achieve optimal wellness. This informative guide tells you how to do that."--Dr. Andrew Weil

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