

The Sugar Smart Diet



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Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, The Sugar Smart Diet, Anne Alexander, Julia Vantine, Sugar is the most controversial subject in 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.



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