



## Year of No Sugar (Paperback)

By Eve O. Schaub

Sourcebooks, Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. For fans of the New York Times bestseller I Quit Sugar or Katie Couric's controversial food industry documentary Fed Up, A Year of No Sugar is a delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale. A funny, intelligent, and informative memoir. --Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar--hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet--including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it...



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