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SUGAR COUNTER FOR HEALTH: THE SMART PERSON S GUIDE TO HIDDEN SUGARS (PAPERBACK)



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...

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- Authored by Elizabeth Roberts
- Released at 2016



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