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Book Description. Sugar wreaks havoc on your body, making you more susceptible to everything from mood swings to diabetes and heart disease. Sugar Free offers a step-by-step program to quit sugar and help you lose weight, increase your energy, and lower your risk of disease.

For sugar calories, take sugar carbs per serving x 4 (there are 4 calories per gram of sugar) alcohol calories + sugar calories = total calories per serving. Alcohol calories math: There are 7.1 calories per gram of pure ethanol Convert grams to ounces by a multiplier of 28.3495 Factor in the density of ethanol at 0.789 g/cm³

A guide to sugars in your diet - Making Sense of Sugar

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The Realists Guide To Sugar

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Overall, this book is well written in a simple, clear and humorous style. However as a non-expert, I was left a little confused. The author having identified fructose as the real enemy, then goes on to address total sugar (all types taken together in total) with respect to dieting and shopping etc.

The Realist's Guide To Sugar Free: How To Quit Sugar And ...

Sherri Nicholds is an independent author and freelancer. A productivity and efficiency geek, she has spent years making it her mission to study, systematize and improve every area of her life. This in turn led to her becoming a passionate advocate of sugar-free living.

Sherri Nicholds (Author of The Realist's Guide To Sugar Free)

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A guide to sugars in your diet When you're walking around the supermarket it can be confusing trying to decide what to buy as part of a healthy, balanced diet. Many foods and drinks have different labels , front and back of pack, containing lots of information and can be difficult to understand.

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The Realist's Guide to Keto Wines | Wine Folly

Although molasses has a fairly equal fructose-glucose ratio (half in free fructose/free glucose and half in disaccharide sucrose), it offers the nutrients extracted in table sugar production: iron, calcium, magnesium, potassium, phosphorus, copper and zinc.

The Definitive Guide to Sugar | Mark's Daily Apple

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Sugar Free: The Complete Guide to Quit Sugar & Lose Weight ...

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Sherri Nicholds is an independent author and freelancer. A productivity and efficiency geek, she has spent years making it her mission to study, systematize and improve every area of her life. This in turn led to her becoming a passionate advocate of sugar-free living.

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The Realists Guide To Sugar

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A Realist's Guide To Dealing With Stress. Get advice & quote Call 0800 316 3166. A Realist's Guide To Dealing With Stress ... But if you're predisposed to stress it mightn't surprise you to hear that coffee, cigarettes, sugar and booze can make things worse. The chemical reason is that these are all stimulants and, for all they might offer ...

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Sugar Free: The Complete Guide to Quit Sugar & Lose Weight ...

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