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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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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.

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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/cm<sup>3</sup>

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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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

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