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different names for sugar 56 Different Names for Sugar The efforts food manufacturers go to in order to hide added sugar from you is downright disturbing.

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About Sugar Has 56 Names. Sugar hides behind many names in ingredient lists for some of the most common foods on our supermarket shelves. Some, like evaporated

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The Real Truth About Sugar-- Dr. Robert Lustig's Video Lecture "Sugar: The Bitter Truth" (English Edition) eBook: Samantha Quinn: Amazon.de: Kindle-Shop

The 57 names of sugar - prevention

So what should you look for instead? Time to get cozy with these 57 names of sugar (plus aliases!) guaranteed to help you steer clear of secret sugar bombs.

56 names for sugar: are you eating more than you

Are you eating more sugar than you realize? Unless you can recognize these 56 names for sugar, you might be consuming sugar without knowing it.

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Yellow sugar* *Contains fructose. Lustig, Robert H. Sugar Has 56 Names: A Shopper s Guide (A Penguin Special from Hudson Street Press) (Kindle Locations 436-457).

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