

Get the Sugar Out: 501 Simple Ways to Cut the Sugar Out of Any Diet | Three Rivers Press, 2008 | Ann Louise Gittleman | 9780307394859 | 287 pages | 2008

Here she offers 501 simple, resourceful, and practical tips for cutting sugar from your diet, giving you the knowledge and inspiration you need to live a healthier life. A few of Gittleman's basic ways to cut sugar include: Eat more meals at home, so you can oversee the ingredients and avoid hidden sugars If you have a sweet tooth, try tricking it by chewing on a cinnamon stick Be a food detective; don't trust "sugar free" or "fat free" labels Cut down on salt not only to be healthier. Get the Sugar Out is your solution for treatment and prevention: a unique, practical guide to a healthy and happy low-sugar lifestyle. [amazon template=iframe image&asin=0307394859]. Get IT free here. Get the sugar out by Ann Louise Gittleman, unknown edition. Get the sugar out: 501 simple ways to cut the sugar out of any diet. 2008, Three Rivers Press. in English - 2nd rev. ed. 2008. Topics. Sugar-free diet. Publisher. New York : Three Rivers Press. "practical tips on low-sugar shopping, cooking, and dining out, and brand-new information on the truth about artificial sweeteners"--Cover. Includes bibliographical references (p. [263]-265) and index. Notes.