



## Sugar Counter: How to Shop Without Sugar (Paperback)

By Angela Dowden

Octopus Publishing Group, United Kingdom, 2014. Paperback. Book Condition: New. 151 x 109 mm. Language: English . Brand New Book. Everyone's talking about sugar - and how we can eat less of it. Low sugar diets have been everywhere in January 2014, but this time it's about more than new year, new you fad diets - the danger of this ubiquitous food have been confirmed by extensive scientific research which links high sugar consumption to a whole range of serious health problems including diabetes and heart disease. The good news is that we can easily protect ourselves and our families from this threat by simply moving our dietary focus away from sugar and towards the kind of foods our bodies really need to function well - whole grains and high-fibre foods. With the Sugar Counter, you can now check what's really in the food you put in your trolley as you walk around the shop or do your online order for the week, and there is a simple traffic light system to mark high/low sugar content. With over 1000 everyday foods covered, both branded and unbranded, and daily food planners to give an idea of a healthy...



**READ ONLINE**  
[ 3.09 MB ]

### Reviews

*This pdf is fantastic. This really is for all who statte there was not a worth looking at. Your lifestyle period is going to be convert the instant you complete looking over this pdf.*

-- **Dr. Chaim Kub**

*It in just one of the best ebook. I could possibly comprehended everything using this written e ebook. You wont feel monotony at whenever you want of your time (that's what catalogs are for regarding should you check with me).*

-- **Dayana Brekke Sr.**

## Relevant Books



### **A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



### **Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



### **Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



### **Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### **The Mystery of God s Evidence They Don t Want You to Know of (Paperback)**

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Save children s lives learn the discovery of God Can we discover God? What does science prove?Why we were never...