



What Can I Eat? Sugar Free Diet

Vivianne Parnell

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Sugar is making us fat. But eliminating sugar from your diet can be tricky if you don't know where sugar is hiding. We all know there's sugar in candy and chocolate - but did you know there's heaps of the stuff hiding out in foods you probably thought were safe to eat?

This book is a no-nonsense guide to the sugar content in all the popular foods we eat every day. It's a great place to discover just how much sugar is lurking in your favorite foods.

Use this guide to check out what you can eat, and what you can't eat when you're trying to kick the sugar habit.

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