



# Beating Sugar Addiction For Dummies - Australia / NZ

*Michele Chevalley Hedge, Dan DeFigio*

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## **Beating Sugar Addiction For Dummies - Australia / NZ** Michele Chevalley Hedge, Dan DeFigio **A step-by-step guide to kicking the sugar habit and living a healthier, happier life**

With many Australians and New Zealanders drawing as much as a third of their total caloric intake from sugar and enriched flour, sugar addiction is a rapidly growing problem. Global sugar consumption has tripled in just the last 50 years and the result has been increasing levels of obesity, diabetes, and other health problems. Even worse, the more sugar we eat, the more sugar our bodies want, leading to a dangerous cycle of sugar addiction. *Beating Sugar Addiction For Dummies, Australian and New Zealand Edition*, presents a simple, step-based program that gradually weans you off sugar in large amounts to let you live a healthier and fitter life. The book explains the hidden sources of sugar we consume, the effect that eating too much of it has on us, and how to cut down on sugar without sacrificing the foods we love. Plus, you'll find healthy, simple meal plans and recipes that include little or no sugar.

- Features practical guidance and a simple plan for cutting down on unhealthy levels of sugar consumption
- Includes simple meal plans and 50 great-tasting recipes with little or no sugar
- Offers tips on dealing with sugar cravings and what to stock in a low-sugar pantry

No one wants to give up the sweet things in life, but too much sugar is a recipe for ill health and addiction. *Beating Sugar Addiction For Dummies* gives you the information and advice you need to break the cycle and find a healthy balance.

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