



Zero Sugar Diet

By Stephen Perrine

Random House USA Inc, United States, 2016. CD-Audio. Condition: New. Language: English . Brand New. Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, Good Morning America s health and wellness editor and bestselling author of Zero Belly Diet, Zero Belly Smoothies, and Eat This, Not That! With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can t lose weight--and shows that it s not your fault! The true culprit is sugar--specifically added sugars--which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even health foods. Until now, there s been no way to tell how much added sugar you re eating--or how to avoid it without sacrifice. But with the simple steps in Zero Sugar Diet, you ll be able to eat all your favorite foods and strip away unnecessary sugars--losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life....



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