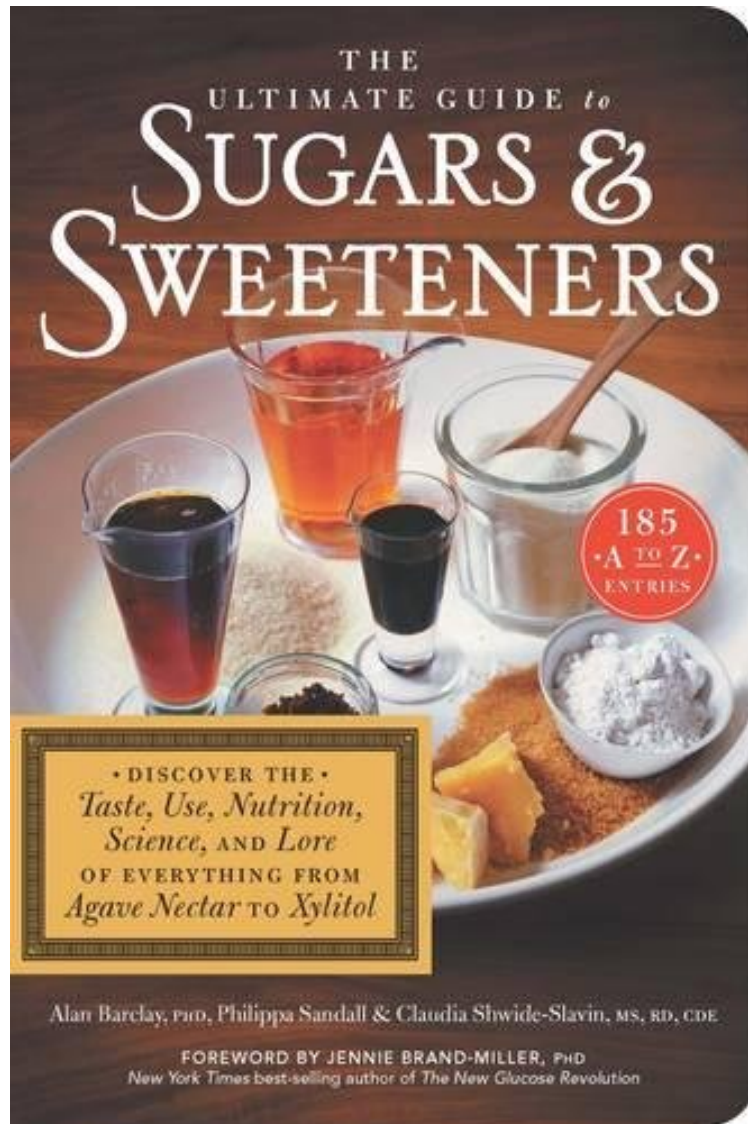


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The Ultimate Guide to Sugars and Sweeteners: Discover the Taste, Use, Nutrition, Science, and Lore of Everything from Agave Nectar to Xylitol

Alan Barclay PhD, Philippa Sandall, Claudia Shwide-Slavin MS RD CDE
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Sugars and Sweeteners: Discover the Taste, Use, Nutrition, Science, and Lore of Everything from Agave Nectar to Xylitol:

1 of 1 people found the following review helpful. A fascinating read and extremely useful resource, packed with facts and clearly written: I can't imagine a more comprehensive education in everything sweet. A wonderful accomplishment and a good gift idea for those curious about the origins and uses of sweeteners -- natural and otherwise. 1 of 1 people found the following review helpful. This book is full of great info on sugars and sweeteners. By S. Johnson. This book is full of great info on sugars, My son has a GI disorder and can't have sucrose and this is very handy to have because it tells you if a sugar has sucrose in it. 0 of 0 people found the following review helpful. Five Stars. By Julia T. Super informative!

Whether you're a healthcare provider, a chef, or simply a foodie, you'll find *The Ultimate Guide to Sugars and Sweeteners* an accurate and complete resource. Hope Warshaw, MMSC, RD, CDE, BC-ADM, best-selling author of *The Diabetes Food and Nutrition Bible* and *Diabetes Meal Planning Made Easy*. An all-in-one reference to sugars and sweeteners for any sweet-toothed consumer who also craves the facts. Today, supermarkets and natural food stores feature a bewildering variety of sugars and alternative sweeteners. The deluge of conflicting information doesn't help. If choosing a sweetener leaves you scratching your head, this handy guide will answer all of your questions even the ones you didn't know to ask: Which sweeteners perform well in baking? Will the kids notice if I sub in stevia? What's the best pick if I'm watching my waistline, blood sugar, or environmental impact? Are any of them really superfoods . . . or toxic? Perfect for foodies, bakers, carb counters, parents, chefs, and clinicians, this delightfully readable book features more than 180 alphabetical entries on natural and artificial sweeteners, including the usual suspects (table sugar, honey), the controversial (aspartame, high-fructose corn syrup), the hyped (coconut sugar, monk fruit sweetener), and the unfamiliar (Chinese rock sugar, isomaltulose). You'll also find myth-busting QAs, intriguing trivia, side-by-side comparisons of how sweeteners perform in classic baked goods, and info on food-additive regulations, dental health, the glycemic index, and more. Your sweet tooth is in for a real education!

The very first compendium of the sweet substances we typically eat and what happens once they're in our body. The author's academic experience as diabetes specialists couldn't be more timely. *New York Journal of Books* Recommended. All academic audiences; culinary program students; nutritionists; general readers. *Choice* Makes sense of the growing number of sugars and sweeteners appearing in our food supply both as products on supermarket shelves or ingredients added to manufactured foods. *Sydney Morning Herald* This book will be your first port of call whenever you need immediate access to information on sugars and sweeteners. *Glycosmedia.com* Whether you're a healthcare provider, a chef, or simply a foodie, you'll find *The Ultimate Guide to Sugars and Sweeteners* an accurate and complete resource. Hope Warshaw, MMSC, RD, CDE, BC-ADM, best-selling author of *The Diabetes Food and Nutrition Bible* and *Diabetes Meal Planning Made Easy*. In a world awash with nutritional dogma that's loosely attached (if at all) to scientific facts, *The Ultimate Guide to Sugars and Sweeteners* provides sensible and truthful perspective. If you're struggling to make sense of sugars, sweeteners, and health, this book belongs at the top of your reading list. Ted Kyle, RPh, MBA, Founder and Principal, *ConscienHealth*, Chair of the Obesity Action Coalition. An honest, comprehensive book based on facts, for those who want to see the meeting of history, science, and common sense. It covers every sweetener you have heard of, plus many you may never encounter. One of the few books that put sugar and sweetness in context so you can make a wise judgment. Glenn Cardwell, author of *Gold Medal Nutrition* (5th ed.)