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# The New Sugar Busters! Shopper's Guide: Discover Which Foods To Buy (And Which To Avoid) On Your Next Trip To The Grocery Store



## Synopsis

SUGAR BUSTERS!<sup>®</sup> forever changed the way Americans eat, offering a delicious new approach to diet and health. The SUGAR BUSTERS!<sup>®</sup> Shopper's Guide soon followed-and made finding SUGAR BUSTERS!<sup>®</sup>-friendly fare at the grocery store and supermarket a snap. Now, five years later, this revolutionary little guide has been completely revised and updated to include more food selections and more brand names than ever before. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! Organized like your grocery store, this handy book takes you aisle by aisle, department by department, pointing out exactly what you can and cannot eat, including: fresh produce meat seafood dairy deli bakery/breads beverages snacks prepared foods condiments Also includes essential tips for lite-weight travel and reading food labels

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## Customer Reviews

SUGAR BUSTERS!<sup>(R)</sup> forever changed the way Americans eat, offering a delicious new approach to diet and health. The SUGAR BUSTERS!<sup>(R)</sup> "Shopper's Guide soon followed-and made finding SUGAR BUSTERS!<sup>(R)</sup>-friendly fare at the grocery store and supermarket a snap. Now, five years later, this revolutionary little guide has been completely revised and updated to include more food selections and more brand names than ever before. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! Organized like your grocery store,

this handy book takes you aisle by aisle, department by department, pointing out "exactly what you can and cannot eat, including: - fresh produce - meat - seafood - dairy- deli - bakery/breads - beverages- snacks - prepared foods - condiments"Also includes essential tips for lite-weight travel and reading food labels

H. Leighton Steward has a master of science degree from Southern Methodist University and became CEO of a Fortune 500 energy company. He is on the board of Tulane University and is chairman of the board of trustees at the Institute for the Study of Earth and Man (anthropology, geology, and statistics). His own success with this way of eating and a family history of diabetes motivated him to write SUGAR BUSTERS! ã ÆMorrison C. Bethea, M.D., is a graduate of Davidson College and Tulane University School of Medicine. Currently he practices thoracic, cardiac, and vascular surgery in New Orleans. Dr. Bethea is a diplomate of the American Board of Thoracic Surgery, a clinical professor of surgery at Tulane Medical Center, and an author of many publications in the field of cardiovascular disease.Samuel S. Andrews, M.D., is a graduate of Louisiana State University School of Medicine. He is a recognized expert in the treatment of obesity, and practices endocrinology with the Audubon Internal Medicine Group. He is a fellow in the American College of Physicians and the American College of Endocrinology. He is a clinical associate professor of medicine at the Louisiana State University Medical School in New Orleans.Luis A. Balart, M.D., is a graduate of Louisiana State University School of Medicine. Dr. Balart is the chief of gastroenterology at the LSU School of Medicine in New Orleans and is Medical Director of Liver Transplantation at Memorial Medical Center. He is actively involved in ongoing clinical trials in the treatment of chronic viral hepatitis and chronic liver disorders. He is the author of many publications in these areas.

I'm on Sugar Busters because I'm prediabetic. After 6 weeks my A1C1 level is going down and my LDL cholesterol is back to a normal range. The first week was a bit tough for me because I'm a sugar addict, but now I'm past all that and it's pretty easy. If I just really have a bad craving I'll make sugar free chocolate pudding or have a piece of 70% dark chocolate. I'm eating much healthier now and enjoying it.

This book was recommended by my physician after my husband was diagnosed with pre-diabetes. He had to lose a lot of weight in a little time. This book was straight to the point and easy to follow. I don't know how much my husband lost but his clothes were significantly looser. I lost at least 15

pounds (which was all I could afford to lose as I was not really overweight) in only a few months following the teachings of this book.

found I can loose weight just by following this books guide lines.

mostly common knowledge. Could have listed the "UNACCEPTABLES" and made the book 5 pages. Giving it 4 stars because i did learn some unexpected things: such as to avoid beets, baked beans, turnips and BANANAS! Dang.....

Among all the books on diet and health that I've acquired over the years, this a sure-fire keeper. I'll hang onto my copy after I've sold or donated the others to clear shelf space. The explanations of the biochemistry involved are easy for me to understand (and I'm no science major - not at all!). The book also has some resources I've turned to repeatedly, including glycemic index numbers for common foods and lists of recommended and not-so-recommended foods. I have turned to other sources for glycemic index/load numbers for additional foods that aren't listed here; a lot of that data is available online now. This book does not present an extreme all-or-nothing fad diet, but explains why some carbs are better than others, and why it's better to avoid blood sugar spikes and crashes. I only wish I'd read it years ago.

Great book that helps people understand how to eat correctly in regards to sugar consumption. A great book for diabetics, people who have the possibility to become diabetic, people who want to lose weight or for those who suffer from other health problems. It's not a diet, diets are temporary. This is a change in eating habits. Highly recommended.

Good information on all food good and bad for gylcemic index.

Even without working out, this diet and set of simple guidelines is really easy to follow, and helped me finally break through with weight loss. I'm a 34-year-old guy, and now weigh less than I have in 10 years. I don't work out much either, as I'm sure I'd see much more dramatic results if I did. Try it out....it \_works\_.

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Grocery Store Garden & Journal: How to Create an Indoor

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