



The New Sugar Busters!(r) Shopper's Guide

H. Leighton Steward, Morrison Bethea, Sam Andrews, Luis A. Balart

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SUGAR BUSTERS!® forever changed the way Americans eat, offering a delicious new approach to diet and health. The SUGAR BUSTERS!® *Shopper's Guide* soon followed—and made finding SUGAR BUSTERS!®-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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