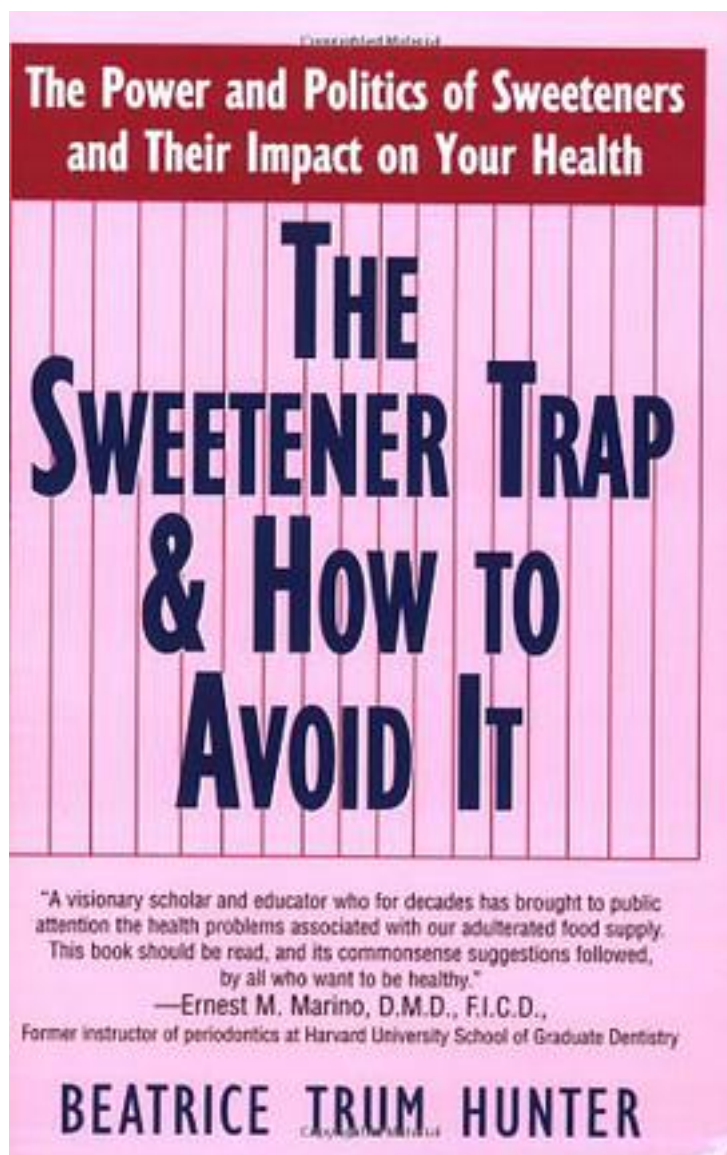


Sweetener Trap and How to Avoid It



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With this expanded revision of the 1982 classic, *The Sugar Trap*, Beatrice Trum Hunter, noted writer on food issues, brings readers invaluable help for avoid "the sweetener trap." She exposes facts about today's many sweeteners, from aspartame to stevia, sucralose, and xlitol. With carefl research and well-weighed advice, Hunter explains why it is important to limit all added sugares.

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目录:

[Sweetener Trap and How to Avoid It_ 下载链接1](#)

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