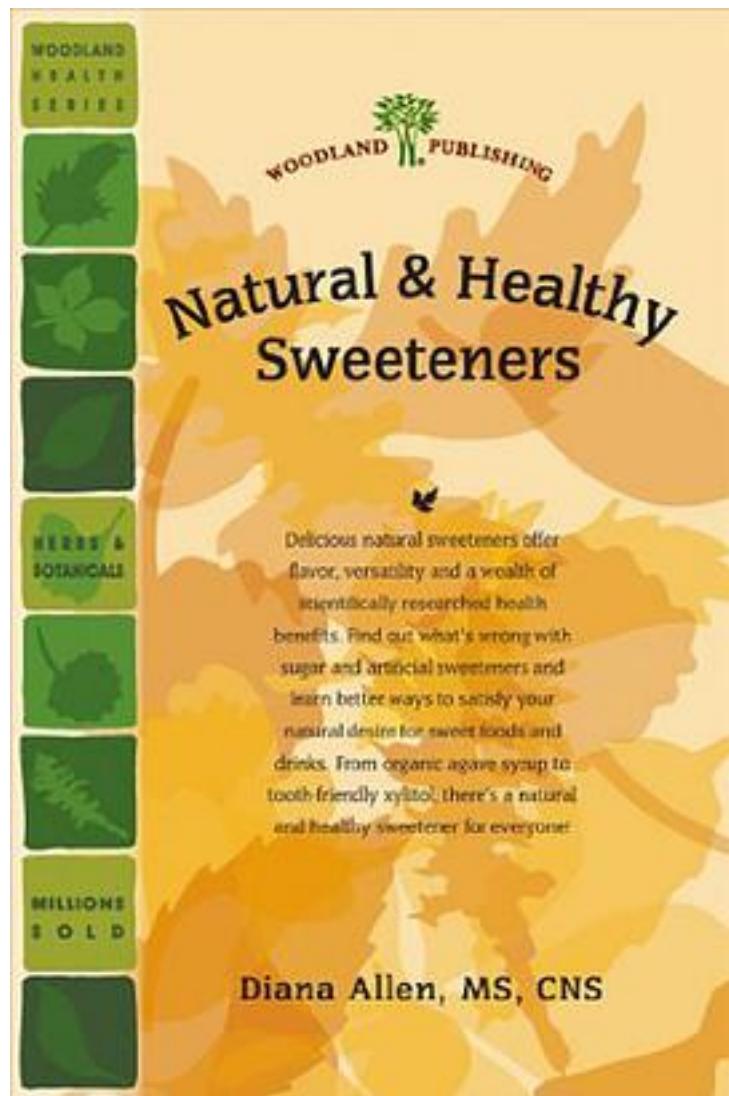


# Natural and Healthy Sweeteners



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出版者:

出版时间:2009-2

装帧:

isbn:9781580541855

Complex carbohydrates and sweet foods are highly valuable to human diets, provided their sugars come from sources that won't rot your teeth, disrupt blood glucose balance, cause headaches or other problems. In other words, it's time to give up nutritionally-deficient sugar and dangerous artificial sweeteners! Find out how as you explore a selection of age-old and newly discovered natural sweeteners, comprehensively described from a clinical nutritionist's perspective. Researched for their amazing health benefits and enjoyed the world over, the delicious sweeteners introduced in this booklet are guaranteed to satisfy your sweet tooth naturally!

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