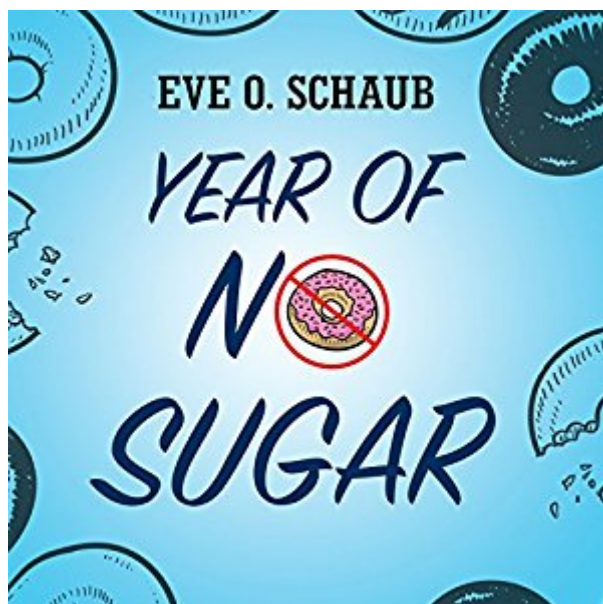


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# Year Of No Sugar: A Memoir



## Synopsis

Where is your sugar coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar - hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes open by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to eat no added sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping - with less and even no added sugar.

## Book Information

Audible Audio Edition

Listening Length: 9 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: June 10, 2014

Language: English

ASIN: B00KSLH9N2

Best Sellers Rank: #217 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Cooking #311 in Books > Audible Audiobooks > Health, Mind & Body > Health #376 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

This book is filled with well-written and amusing stories of the author and her family surviving and thriving during the Year of No Sugar. But more importantly this book contains the author's detail-driven description of the background, living through the actual Year of No Sugar, and some summary information of life after the year of eating food containing absolutely no added sugar. When beginning this book I was mildly bored with perhaps too much about the history of the author's Vermont lifestyle and the interactions among the community members. However, once my reading began to flow with the author's writing style, the book became much more entertaining. Of particular interest to me was the number of food-filled events in the life of her family to which I could so easily relate with my family and the raising of our daughter. The candy, the cookies, the cakes, the

birthdays, the holidays...all far too descriptive of exactly how things had been in my home. My family became interested in the No Sugar concept after finding Dr. Robert Lustig's youtube video to which Ms. Schaub so frequently refers. Of further interest is a book by David Gillespie titled Sweet Poison, which Ms. Schaub also uses as a primary reference for her book. There were numerous times I turned to the internet to find more information about these two sources and to search .com for so many cooking ingredients mentioned in this book, more often than not ending with the actual ordering of the product (such as powdered dextrose and glucose syrup). I also have placed a Champion juicer machine in my .com shopping cart for possible purchase; don't suspect for a minute the influence of her father-in-law ended with just her immediate family. It's one thing to watch Dr.

Year of No Sugar: A Memoir is one of those books that I'm just glad I purchased and read cover to cover. Schaub brings a lot of lightheartedness and fun to the pages, and I came to really appreciate her writing style. I felt like I was in her cozy living room, sharing a glass of wine as she recounted her most interesting year - the year of no sugar. It's very anecdotal, very casual, and, for me personally, it fit me like a glove. It didn't reach the five star mark for me, however. I have long been a David Gillespie fan (author of Sweet Poison), and I was delighted to know Schaub was, also. I was nodding along with the author as she expressed how sugar was so engrained into American society, and that shocked and horrified her. She even goes as far as joking about the fact that she felt like she had a superpower of seeing all the hidden sugar on the victim's plate, that of course they were unaware of (things like ketchup, mayonnaise, white bread). Towards the end of the book, however, I was left puzzled. After the year of no sugar that she and her family had endured, they go back to their sugary eating again - not in the high quantities as they once did, but not as far as their sugarless 365 days. This is not criticism of her personal choices, but rather, left me a little... I don't know. Confused? Without closure? Schaub compares it to enjoying alcohol. A little won't hurt you. Yet, I have to wonder if we're dealing with what she recounts often as "poison." A little "poison" intentionally will surely hurt you. I also wasn't sure where Schaub got the idea that dried fruit was okay in her plan, as Gillespie, as far as I know, isn't an advocate of it, saying that it was far too concentrated. I would've perhaps liked a better explanation as to her reasoning behind this.

I am all for avoiding ADDED sugar, but this book is just plain idiotic. Why doesn't this woman realize that all the pasta and potatoes and flour (why she insisted on BAKING is beyond me!) her family consumed converts to sugar? Everyone knows that! Why worry about the small amount of sugar in

mayonnaise, so small it doesn't even qualify for inclusion in the nutrition label (my bottle of Hellmann's says 0 carbohydrates and 0 calories from anything other than fat)? She will say that carbs do not convert to fructose. Okay....but all that glucose in your bloodstream, that's not good either.....It was very disturbing to read about her baking experiments. It proved she was still addicted. Why look for substitutes to further fuel your addiction? Why not just say: if it is not a piece of fruit.....you can't have it? Even fruit....you have to eat sparingly! Also, she wanted to eat out.....what a joke! If you don't want added sugar, you have to make it yourself. If it is packaged, it has the added sugar. It's so simple to eat a low fructose diet.....I don't get what the difficulty is. But when you eat a brownie that has no fructose....through some substitution.....it's still bad for you. Eve O. Schaub doesn't get that. When you put a healthful banana through some contraption in order to make ice cream (oh, the insanity of it!) you are leaving behind some of the precious fibers, in the blades of the machine or whatever. Eat the banana, and save the clean up mess. I think she failed to teach her daughters (and herself) the beauty in a piece of fruit. To make banana ice cream is a desecration. I have not finished the book yet....but I bet no one lost an ounce of weight....because the author was so obsessed with irrelevancies.

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