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[Sugar Has 56 Names: A Shopper's Guide by Robert H. Lustig](#)

Robert H. Lustig, M.D., is an internationally renowned pediatric endocrinologist who has spent the past sixteen years treating childhood obesity and studying the effects of sugar on the central nervous system, metabolism, and disease.

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Dr. Lustig's book *Sugar Has 56 Names: A Shopper's Guide* is enlightening for those who may not realize the extent that sugar is added to our food products. *Sugar has 56 Names* only scratched the surface of all the other names which have been reported to me.

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In *Sugar Has 56 Names*, Robert H. Lustig, MD, bestselling author of *Fat Chance* and *The Fat Chance Cookbook*, provides a list of ingredient names that food manufacturers use to disguise sugar content as well as a rundown of common grocery store items and their total sugar content.

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Special ...

Yet sugar hides behind many names on ingredient lists, making it sometimes impossible to discover. Although "evaporated cane juice" might be easy enough to puzzle out what about diastatic malt or panocha? In Sugar Has 56 Names, Robert H. Lustig, MD, bestselling author of Fat Chance and The Fat Chance Cookbook, provides a list of ingredient names that food manufacturers use to

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Get this from a library! Sugar has 56 names : a shopper's guide. [Robert H Lustig] -- Sugar hides behind many names in ingredient lists for some of the most common foods on our supermarket shelves. Some, like "evaporated cane juice" might be easy enough to puzzle out -- but what about

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