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The Ultimate Guide to Sugars and Sweeteners: Discover the Taste, Use, Nutrition, Science, and Lore of Everything from Agave Nectar to Xylitol

Alan Barclay PhD, Philippa Sandall, Claudia Shwide-Slavin MS RD CDE

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“Whether you’re a healthcare provider, a chef, or simply a foodie, you’ll find *The Ultimate Guide to Sugars and Sweeteners* an accurate and complete resource.”—Hope Warshaw, MMSC, RD, CDE, BC-ADM, best-selling author of *The Diabetes Food and Nutrition Bible* and *Diabetes Meal Planning Made Easy*

An all-in-one reference to sugars and sweeteners—for any sweet-toothed consumer who also craves the facts

Today, supermarkets and natural food stores feature a bewildering variety of sugars and alternative sweeteners. The deluge of conflicting information doesn’t help. If choosing a sweetener leaves you scratching your head, this handy guide will answer all of your questions—even the ones you didn’t know to ask:

- Which sweeteners perform well in baking?
- Will the kids notice if I sub in stevia?
- What’s the best pick if I’m watching my waistline, blood sugar, or environmental impact?
- Are any of them really superfoods . . . or toxic?

Perfect for foodies, bakers, carb counters, parents, chefs, and clinicians, this delightfully readable book features more than 180 alphabetical entries on natural and artificial sweeteners, including the usual suspects (table sugar, honey), the controversial (aspartame, high-fructose corn syrup), the hyped (coconut sugar, monk fruit sweetener), and the unfamiliar (Chinese rock sugar, isomaltulose). You’ll also find myth-busting Q&As, intriguing trivia, side-by-side comparisons of how sweeteners perform in classic baked goods, and info on food-additive regulations, dental health, the glycemic index, and more. Your sweet tooth is in for a real education!

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Ricky Burnham:

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Jennifer Ruiz:

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Robert Berman:

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