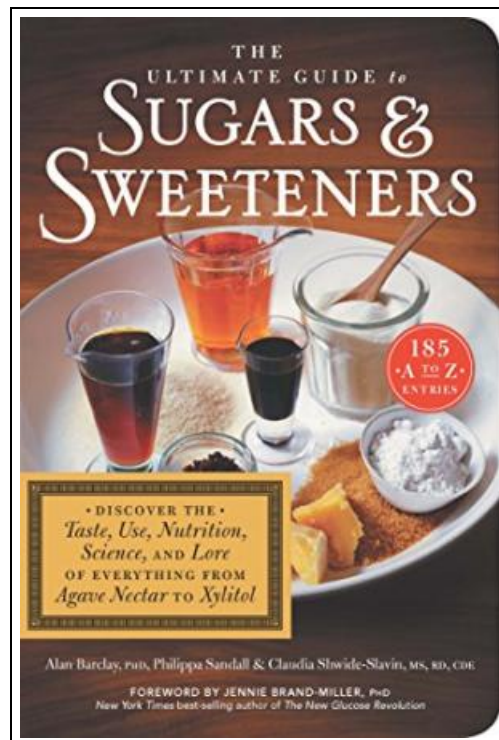


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(Saige Lang)

THE ULTIMATE GUIDE TO SUGARS AND SWEETENERS DISCOVER THE TASTE, USE, NUTRITION, SCIENCE, AND LORE OF EVERYTHING FROM AGAVE NECTAR TO XYLITOL



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The Experiment. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. The taste for sweetness developed long ago in our evolutionary history, and today, sweeteners of all kinds are found in all kinds of products, going well beyond the packets you pour into your mug of coffee. Some decry their use; others heap praise on one or another superfood sweetener of the moment—agave nectar, for example. The food industry, nutrition experts, food writers, and consumers are all partially responsible for the mess of conflicting claims. For example, anyone with a passing interest in nutrition has heard that we consume too much sugar, that HFCS (high fructose corn syrup) is killing us, and that artificial sweeteners cause cancer. On the other hand, keep your eye on food writing in news and blogs and you'll hear about a new best sweetener every other week. Those hoping to cook or bake using ingredients that a) work and b) don't make us sick have to wonder what, if any, of this is true. This book cuts through the hype, presenting well-researched, highly detailed, yet utterly accessible information on every kind of sugar and sweetener from A (acesulfame potassium and aspartame) to Y (yacon syrup). The entries describe the source, production, history, uses, chemical makeup, sweetness relative to table sugar, nutrition, and performance of each sweetener in home baking, as well as discuss important regulatory details and any associated controversy or hype. Contextualizing information at the beginning and end of the book discusses sugars and sweeteners in general, grounding all claims in peer-reviewed research. The book also provides recipes with hints for getting the most out of each kind of sweetener, and answers frequently asked questions about dietary guidelines, cavities, diabetes, glycemic index, special diets, nutrition facts labels, and more. Throughout,...

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