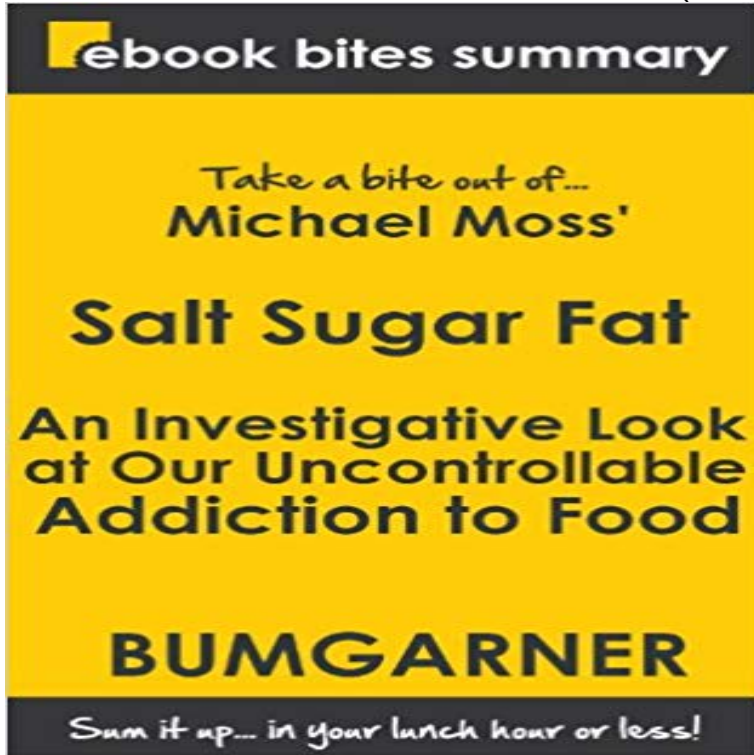


Book Summary of Salt Sugar Fat: An Investigative Look at Our Uncontrollable Addiction to Food (eBook Bites Book Summary)



Book Summary of Book Summary of Salt Sugar Fat: An Investigative Look at Our Uncontrollable Addiction to Food is a book summary of the popular book Salt Sugar Fat: How the Food Giants Hooked Us by Michael Moss and Mimi Spencer. This summary is intended to give you an in depth overview of the key concepts and ideas of the book Salt Sugar Fat: How the Food Giants Hooked Us and help you save time and money in the process. This concise book summary will help you cut through the nearly 500 page full version of Salt Sugar Fat: How the Food Giants Hooked Us and quickly understand the key concepts and ideas including:- How the food industry exploits a child's natural love of sweets.- Learn how food giants create cravings for their products by using the most influencing ingredient of all time...read Chapter 2 for more details.- Examine how unhealthy the ultimate convenience foods in our lives really are and are the health risks associated with them.- Is it cereal or candy you're feeding your kids for breakfast?- How soft drinks are formulated to make you become addicted to them.- Learn how fruity drinks really get their fruity taste.- How precise amounts of fat contained in processed foods actually cause you to eat more without getting hungry (greatly increasing the obesity issues we face.)- Discover how little control and impact governments have on the food industry giants (scary!!)- How the use of salt in processed foods has the same effect on the body as narcotics...causing addictions, cravings and a feeling of reward.- How salt, sugar and fat actually drive sales for food manufacturers; remove any of them and their sales will decline rapidly.- and many more eye-opening facts about the food industry. eBook Bites has written this book with you in mind. Like you, we are busy professionals who believe in lifelong, continuous learning. If you have been trying to find the time to read

Salt Sugar Fat: How the Food Giants Hooked Us or in you are looking for a refresher, this is the book you need to pick up. In writing this summary for the Salt Sugar Fat book, our writers read and worked through the book in a way that is very similar to the way you or I would study a textbook, we took detailed notes, made key annotations throughout the book and in this executive summary we bring the important details to the table so you have the information you need in order to put your newfound knowledge to work. You can start applying this to your life today...In Your Lunch Hour or Less!! Scroll up & click the buy button today. Note to Reader: This book is a summary of Michael Moss's Salt Sugar Fat: How the Food Giants Hooked Us. Only key concepts have been covered in this book and it is recommended that for complete information you should buy the original book (Salt Sugar Fat: How the Food Giants Hooked Us by Michael Moss). The I and Me in this book refer to the original author Michael Moss.

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