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A Memoir

# Year Of No Sugar A Memoir

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## **Year Of No Sugar A**

For fans of the New York Times bestseller I Quit Sugar or Katie Couric's controversial food industry documentary Fed Up, A Year of No Sugar is a "delightfully readable account of how [one family] survived a yearlong sugar-

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free diet and lived to tell the tale...A funny, intelligent, and informative memoir."

### **Year of No Sugar: A Memoir: Schaub, Eve: 9781402295874 ...**

Should have been called "Year of Less Sugar". "No Sugar" doesn't mean no sugar in this case. Sugar treats once a

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month, or when they're in Italy or made from dates and bananas or whatever she can find to satisfy her sweet tooth - instead of just biting the bullet - doesn't translate into no sugar to me.

### **Year of No Sugar by Eve O. Schaub - Goodreads**

For fans of the New York Times

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bestseller I Quit Sugar or Katie Couric's controversial food industry documentary Fed Up, A Year of No Sugar is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir."



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### **Year of No Sugar: A Memoir by Eve Schaub, Paperback ...**

For fans of the New York Times bestseller I Quit Sugar or Katie Couric's controversial food industry documentary Fed Up, A Year of No Sugar is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A

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funny, intelligent, and informative memoir."

### **Year of No Sugar: A Memoir - Kindle edition by Schaub, Eve ...**

It prompted her to embark on a yearlong quest to put her family on a sugar diet, cutting out everything from table sugar to any food product with added sugar. It

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was no easy task; they discovered...

## **Year of No Sugar: How One Woman Cut Out Sugar For a Year ...**

Year of No Sugar is what the conversation about “kicking the sugar addiction” looks like for a real American family- a roller coaster of unexpected discoveries and challenges. Release

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Date: April 8, 2014 - Published by  
Sourcebooks, Inc.

## **Year Of No Sugar | Eve O. Schaub**

Schaub chronicled the experience on a weekly blog and most recently in her new memoir, Year of No Sugar (Sourcebooks). There were some exceptions to the rule to keep everyone

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sane—most notably, the...

## **What It's Like to Go a Year Without Sugar**

I find baking bread to be very meditative and stress relieving, but it is also money-saving and trips-to-the-store-saving. You can avoid unnecessary and unhealthy added sugar (it is a popular

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misconception that bread needs added sugar to rise) and all those horrible things Big Food loves to add: trans fats, mold inhibitors, colorings and emulsifiers.

### **A Year of No Sugar | Eve O. Schaub**

Eve O. Schaub is the author of Year of No Sugar: A Memoir. She holds a BA and

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a BFA from Cornell University, and a MFA from the Rochester Institute of Technology. Her personal essays have been...

## **Our Year of No Sugar: One Family's Grand Adventure**

In fact, a 15-year study in JAMA Internal Medicine showed that adults who got

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more than 25 percent of their daily calories from added sugar were more than twice as likely to die of cardiovascular ...

### **I Tried A No-Sugar Diet For 30 Days. This Is What Happened.**

Each family member was allowed one regular exception that contained a small



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amount of sugar -- Eve opted for a glass of red wine -- and once a month, the family would have an agreed-upon dessert. We recently caught up with Eve to chat about the experience, as well as the upcoming memoir of that sugar-free year, *Year of No Sugar*, available April 8.

### **'Year Of No Sugar': The Schaub**

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## **Family Went Sugar Free For ...**

My Thoughts on Year of No Sugar. That was my rant, my tangent, my voice from my soap box. Let's get on to the real reason I wrote this post, to share with you my thoughts on a recent read, Year of No Sugar. In the book, the author describes her experiences attempting to eat no added sugar (in the form of

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fructose) for an entire year with her ...

## **My Thoughts on Year of No Sugar - honestlymodern.com**

Year of No Sugar NPR coverage of Year of No Sugar: A Memoir by Eve O. Schaub and David Gillespie. News, author interviews, critics' picks and more. Year of No Sugar.

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## **Year of No Sugar : NPR**

Ever wonder what it would be like to go without sugar? I quit sugar for a whole year and I am telling you everything about my experience! In this video, I sh...

## **I quit sugar for a whole year | My**

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## **life changed!!! - YouTube**

Year of No Sugar Quotes Showing 1-8 of 8 “So what do you call something that our body has no need for and that, when we take it in, creates toxic by-products in our bodies resulting in debilitation, disease, and untimely death? Well, doctors call that a poison.” — Eve O. Schaub, Year of No Sugar

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## **Year of No Sugar Quotes by Eve O. Schaub**

Year of No Sugar is entertaining, and for those who have never encountered the arguments against sugar, it may serve well as an elevator version that shifts to a memoir about thinking more deeply about food.

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## **Year of No Sugar | Reading Freely**

And thus was born our family's Year of No Sugar. The concept was simple: We were not eating added sugar. We would not eat it in the house, we would not eat it with a mouse.

## **Have Your Own Year of No Sugar |**

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## **Time**

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,



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obesity, and increased incidences of  
health ...

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