



That Sugar Book: The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food

Damon Gameau

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The essential companion to the feature documentary, *That Sugar Film*, this is an explosive exposé on the dangers of sugar.

When filmmaker and actor Damon Gameau set out to uncover the truth about the sugars hidden in the foods we commonly perceive as healthy, he came up with a novel experiment: he would eat 40 teaspoons of sugar every day for 60 days-but he would consume only "healthy" foods like energy bars, low-fat yogurts, fruit snacks, juices, and smoothies. Damon captured his experience in the riveting and eye-opening documentary, *That Sugar Film*.

Now, *That Sugar Book* expands on Damon's journey, blowing the lid on the food industry, featuring in-depth interviews with health experts, and offering sensible advice on kicking the sugar habit. *That Sugar Book* includes a detox plan and over 30 recipes to show what foods to avoid, how to shop, how to read food labels, and how to cook sugar-free foods. Entertaining, provocative and packed with actionable advice, *That Sugar Book* is destined to change the eating habits of a generation.

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