



Pushing Sugar: Straight Talk About Sugar and How the Corporate Food Giants Are Tricking You

Thomas John Dunker

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You've been tricked by America's big food corporations your whole life. That's right! Kellogg, General Mills, Pepsico, Kraft, ConAgra, and the other food giants have been fooling you for years in selling you their sugar bombs and manufactured food. By understanding the truth about the foods you are eating and by following the guidelines in this uplifting book, you will free yourself from the tyranny and deceit of Big Food, who have misdirected you and turned you away from eating right, and you will come to discover how wonderful food is, how great it can taste, and how good it is for you! The author, Thomas John Dunker, is someone who knows about the trickery of Big Food because, as a marketing research consultant for twenty-five years, he helped them create products, advertising, and packaging that attempt to fool you. He knows better now and wants you to know that you, too, can become healthier and happier by eating real food, not the manufactured food you get from Big Food. This book will set you on the path to losing weight and eating right—and becoming happier, sexier, healthier, and more vital!

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