

TABLE OF CONTENTS

INTRODUCTION VII

PART ONE: This Is Your Child on Sugar

CHAPTER 1: Growing Up Sweet Can Turn Sour:
All Our Kids Are at Risk 3

CHAPTER 2: Not All Sugars Are Created Equal:
The Many Disguises of Sugar 27

CHAPTER 3: Hyperactive, Moody, Angry, Sleepy,
and Still Hungry: Children on Sugar 71

CHAPTER 4: Smarter Without Sugar: Sugar's Effects
on Learning, Memory, and the Growing Brain 093

CHAPTER 5: From Teeth to Toes and Everything
in Between: How Sugars and Sweeteners
Can Damage the Vital Parts of Growing Bodies 109

PART TWO: Sugarproof Your Child

CHAPTER 6: Sweet Talk: Motivate Your Family for Success 139

CHAPTER 7: Cutting Sugar: Seven Sugarproof Strategies
That Work 167

CHAPTER 8: The 7-Day No-Added-Sugar Challenge:
Sugarproof in One Week 199

CHAPTER 9: The 28-Day Challenge: A Gradual Plan
for Rightsizing Sugar 229

CHAPTER 10: Keep This (Not-So) Sweet Thing Going:
How to Grow the Sugarproof Movement 257

PART THREE: The Sugarproof Kitchen: Recipes and Tips 269

ACKNOWLEDGMENTS 341 • INDEX 345