



# Süße Versprechungen: Die Fakten zu Zucker, Süßstoffen, Stevia & Co. (German Edition)

*Sepp Porta, Michael Hlatky*

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Dieses Buch dient als Orientierung im Informationsdschungel, der sich zum Thema Zucker und Süßstoffe inzwischen ausgebreitet hat.

Sind Süßstoffe tatsächlich die beste Alternative zu Zucker oder sind deren Inhaltsstoffe gesundheitlich bedenklich? Ist Stevia wirklich das neue Wundermittel im Kampf gegen Kilos und Karies oder entstehen im Zuge der Herstellung unerwünschte Produkte, die unsere Gesundheit gefährden?

Und wie natürlich ist eigentlich die Zuckerherstellung?

Basierend auf den Ergebnissen eines wissenschaftlichen Kongresses in Wiener Neustadt bietet dieses Buch eine aktuelle, unvoreingenommene und leicht verständliche Zusammenfassung der teils kontroversen Informationen und bewertet deren Sinnhaftigkeit.

Ein wichtiges Buch für alle, die sich gesund und verantwortungsbewusst ernähren möchten.

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