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Calling it quits

Sugar is going the way of cigarettes, if British and US media are anything to go by. And if last year was the birth of a sugar-free revolution, 2014 is the year of its all-out, rabid spread.

Just ask **Sarah Wilson**, former *Cosmopolitan* editor and high priestess of sugar-free, high-fat living, whose *I Quit Sugar* mantra is in the throes of astronomically soaring success abroad.

A bulging complement of home-grown celebs is going giddy for Wilson's diet commandments, including boxer **Lauryn Eagle**, actresses **Rebecca Gibney** and **Isabelle Cornish**, **Barry Southgate** of *X Factor* and *Days of Our Lives*' **Kate Mansi**.

After a chance meeting this week at largely biodynamic, organic, sustainable and generally highly worthy eatery, Rushcutters Restaurant, which has filled the now-defunct Neild Avenue space, *Dancing with the Stars*' **Daniel McPherson** and his other half, actress **Zoe Ventoura** are now on board with Wilson, too. McPherson has just become a Fitness First ambassador, he told PS, so is busy with twice-daily runs.

Mother-to-be model **Megan Gale** is a past proponent of the plan, as is **Barry Du Bois**, of *The Living Room*, and presenter and cancer survivor, **Sally Obermeider**.

We note that **Commando Steve** – he of *Biggest Loser* fame – has also jumped onto the no sugar bandwagon by opting to quit sugar for charity abstinence fest, FebFast. Whether girlfriend **Michelle Bridges** will follow suit, only 2014 will tell.

**Sarah Wilson and
Biggest Loser's
Commando Steve**

