



Lose your sweet disposition

The queen of quitting sugar is back with more advice, writes **Elissa Lawrence**

I QUIT SUGAR FOR LIFE

PAN McMILLAN, \$35

SARAH Wilson, author of bestseller *I Quit Sugar* continues to ride the juggernaut of anti-sugar sentiment with her latest book, *I Quit Sugar For Life*.

So what's new?

Wilson's first book set out an eight-week plan for quitting the sweet stuff. This follow-up offers more advice, recipe inspiration and aims to help devotees stay on track to be sugar-free "forever".

Sydney-based Wilson has had a media career spanning 20 years, including as former editor of *Cosmopolitan* magazine and host of the first series of TV's *MasterChef Australia*.

A former self-confessed sugar addict, she also suffers an auto-immune disease and started eating sugar-free as an "experiment" that has never stopped.

In her new book, Wilson offers 148 fresh sugar-free recipes, set into sections: breakfast; totally tote-able; reinvented comfort classics; midweek one-pot meals; celebrations and treats with which to impress the sceptics; kids' lunches and snacks; chocolate; brilliant leftovers; and ferments, sauces and dressings in jars.

Wilson has also included a four-week "wellness program" and menu plans that cater for solo cooks and families.

Set out in a similar fashion to her first book, Wilson begins *I Quit Sugar For Life* with what she calls her nine-

part "wellness code" – for "simple, no-brainer health that supports sugar-free living".

This starts as a revision lesson in the basics on sugar, specifically fructose, and the science behind why so many people believe it is harmful and addictive.

Wilson explains how much sugar it is OK to consume, the safe sweetener substitutes, how to read labels and spot "hidden sugars" in foodstuffs such as barbecue sauce, low-fat yoghurt and fruit juice.

Her other wellness codes are: eat fat and protein; ditch the diets; maximise your nutrition; have a morning routine; exercise less; cut snacking; shop differently; and

cook differently. Wilson spruiks the benefits of making everything from scratch – salad dressings, sauces, cream cheese, stock and fermented foods such as sauerkraut.

The book is easy to read and understand and her suggestions – however far you want to take them – seem achievable.

But, lifestyle lessons aside, ultimately, it's about the recipes. With so many dietary dictates on what we are *not* allowed to eat, at the end of the day, we often really just want to know what we *can* eat.

Wilson typically provides practical, everyday, uncomplicated, yet nutrient-dense and inventive recipes.

My kids were fair near salivating over the chocolate chapter with creations such as Simple chocolate coconut milk ice cream, Oh-oh oreos, and even the Almost-paleo zucchini brownies.

More for kids are the LCM bars (she calls them Less Crappy Macca bars) and KFC chicken (Kid-Friendly Chicken), as well as a section on lunch-box ideas. She also advocates getting kids involved with food and suggests projects such as growing sprouts in eggshells.

Wilson makes it clear her sugar-free life is not a diet or "flash-in-the-pan" fad. Rather, she says it's just "a way of living without processed food".

"Quitting sugar is about eating like our great-grandparents used to. Before the crap," she says.

"One hundred years ago we

ate 1kg of sugar a year; now we eat 60kg a year. One hundred years ago we ate eggs for breakfast, meat at lunch, vegetables prepared simply, fruit as a treat and drank our milk whole.

"One hundred years ago Type 2 diabetes, obesity, heart disease and cholesterol issues were rare if non-existent."

Wilson says her eight-week program has so far seen more than 280,000 people quit sugar.

Her sugar-free "experiment" looks set to only get bigger.

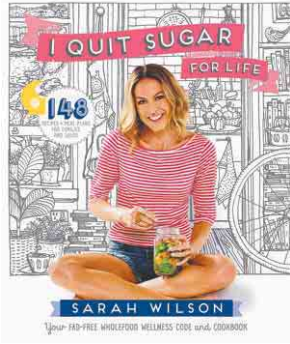


Courier Mail, Brisbane
08 Mar 2014, by Elissa Lawrence

Life, page 18 - 667.00 cm²
Capital City Daily - circulation 214,603 (MTWTFS-)

ID 240520434

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PEOPLE FRIENDLY: Author Sarah Wilson's new recipe book makes adopting a healthier lifestyle look easy.

RECIPE



ALMOST-PALEO ZUCCHINI BROWNIES (MAKES 16)

INGREDIENTS: Coconut oil, butter or ghee, for greasing
1 large or 1½ small zucchini
1 cup almond (or any nut) butter
1 egg
½ tspn vanilla powder
¼ cup rice malt syrup
1 tspn ground cinnamon
¼ tspn ground nutmeg
1 tspn bicarbonate of soda
100g dark (85 per cent cocoa) chocolate, roughly chopped

METHOD: Preheat oven to 180°C and grease a 23cm square brownie tin using the coconut oil, butter or ghee. Grate the zucchini into a large bowl, then add the rest of the ingredients and mix thoroughly. Pour into the prepared brownie tin and bake for 35 minutes or until a skewer comes out clean. Cool in the tin, then cut into squares.

Note: This recipe contains a lot of intense, store-bought chocolate, which is why the serving sizes are small.

