



Dr Robert Lustig Reference List

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5. Lustig, R.H (2020) [Ultraprocessed Food: Addictive, Toxic, and Ready for Regulation](#) PMID: 33167515 PMCID: PMC7694501 DOI: 10.3390/nu12113401 PubMed
6. Lustig, R.H (2020) [Fructose: metabolic, hedonic, and societal parallels with ethanol](#) PMID: 20800122 DOI: 10.1016/j.jada.2010.06.008 PubMed
7. NeuroFAST consensus opinion on food addiction - [CORDIS](#)
8. Ziauddeen, H., Farooqi, S., and Fletcher, P.C (2012) [Obesity and the brain: how convincing is the addiction model?](#) PMID: 22414944 DOI: 10.1038/nrn3212
9. Ziauddeen, H., Farooqi, S., and Fletcher, P.C (2012) [Food addiction: is there a baby in the bathwater?](#) Nature Reviews Neuroscience

Books

1. Connie Bennett and Stephen T. Sinatra Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life--and How You Can Get Back on Track - Paperback – December 26, 2006 - [Amazon](#)
2. David Gillespie Sweet Poison Paperback – January 1, 2008 - [Amazon](#)
3. Dr. Mark Gold “FOOD AND ADDICTION: A Comprehensive [Handbook](#)”
4. Robert H. Lustig Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease - Paperback – Illustrated, December 31, 2013 - [Amazon](#)
5. Robert H. Lustig The Fat Chance Cookbook: More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight - Paperback – Illustrated, December 30, 2014 - [Amazon](#)
6. Robert H. Lustig The Hacking of the American Mind: The Science Behind the Corporate Takeover of Our Bodies and Brains - Audible Audiobook – Unabridged - [Amazon](#)
7. Robert H. Lustig Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine - Hardcover – May 4, 2021 - [Amazon](#)
8. Kay Sheppard MA Food Addiction: The Body Knows: Revised & Expanded Edition Paperback – March 1, 1993 - [Amazon](#)
9. Kelly D. Brownell, Mark S. Gold Food and Addiction: A Comprehensive Handbook 1st Edition - [Amazon](#)
10. Nancy Appleton - Lick the Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry Paperback – February 1, 1988 - [Amazon](#)
11. Nicki Waterman Sugar Addicts' Diet Print on Demand (Paperback) - [Amazon](#)

