



# Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt

*David A. Kessler MD*

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Teen edition of the *New York Times* bestseller, *The End of Overeating*

Former commissioner of the US Food and Drug Administration David A. Kessler, M.D., argues forcefully that our brain chemistry is being hijacked by the food we eat: that by consuming stimulating combinations of sugar, fat, and salt, we're conditioning our bodies to crave more sugar, fat, and salt—and consigning ourselves to a vicious cycle of overeating. Adapted from the adult trade bestseller *The End of Overeating*, *Your Food Is Fooling You* is concise and direct and delivers the same message, many of the fascinating case studies, and the same advice for breaking bad eating habits in a voice and format that's accessible, positive, and affirming for teenagers. Young people are at most risk of forming bad eating habits—but they're also highly aware of body image and highly responsive to positive messages about health and diet. *Your Food Is Fooling You* is a readable, authoritative, and entertaining call to action by one of our nation's leading public health figures.

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