

Today's

# Diet & Nutrition

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HEALTH / NUTRITION / FITNESS / LIFESTYLE / DIET & WEIGHT / CUISINE

## Spring GREENS

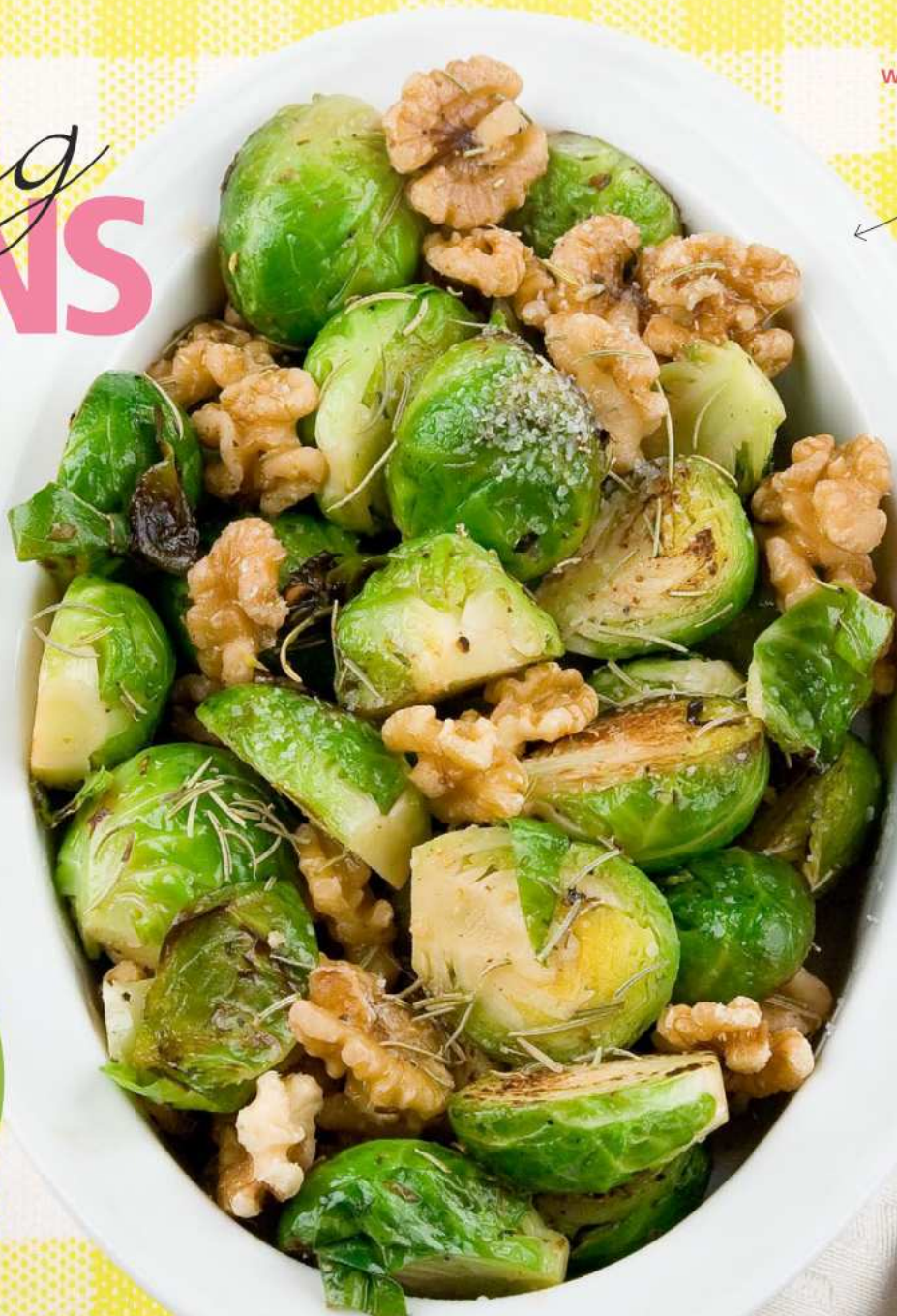
Get the Best  
of the Bunch

### PROFILE

Joy Bauer

(*TODAY* show expert)

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Orange and  
Walnut Brussels  
Sprouts

Sports  
Nutrition

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Dishing on  
Detox Diets

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Cooking With  
Dorie Greenspan

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Weight Watchers New Complete Cookbook

Organic Bistro frozen meals

▶ **Beat Sugar Addiction Now!**

Sparkling ICE

NoOodles

The Pocket Posh Complete Calorie Counter

HAPPYBABY puffs

Lifestyle Cuisine Plus

Let's face it. Most of us probably love sugar a little too much for our own good. But you don't need to be truly addicted to sugar to glean some practical nuggets of information from *Beat Sugar Addiction Now! The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great—and Losing Weight!* by Jacob Teitelbaum, MD, with Chrystle Fiedler.

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