



Sugar: A Bittersweet History

Elizabeth Abbott

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Sugar: A Bittersweet History is a compelling and surprising look at the sweet commodity, from how it Africanized the cane fields of the Caribbean to how it fuelled the Industrial Revolution and jumpstarted the fast-food revolution.

The book explores the hidden stories behind this sweet product, revealing how powerful American interests deposed Queen Lili'uokalani of Hawaii, how Hitler tried to ensure a steady supply of beet sugar when enemies threatened to cut off Germany's supply of overseas cane sugar, and how South Africa established a domestic ethanol industry in the wake of anti-apartheid sugar embargos. The book follows the history of sugar to the present day, showing how sugar made eating on the run socially acceptable and played an integral role in today's fast food culture and obesity epidemic. Impressively researched and commandingly written, Sugar will forever change perceptions of this sweet treat.

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