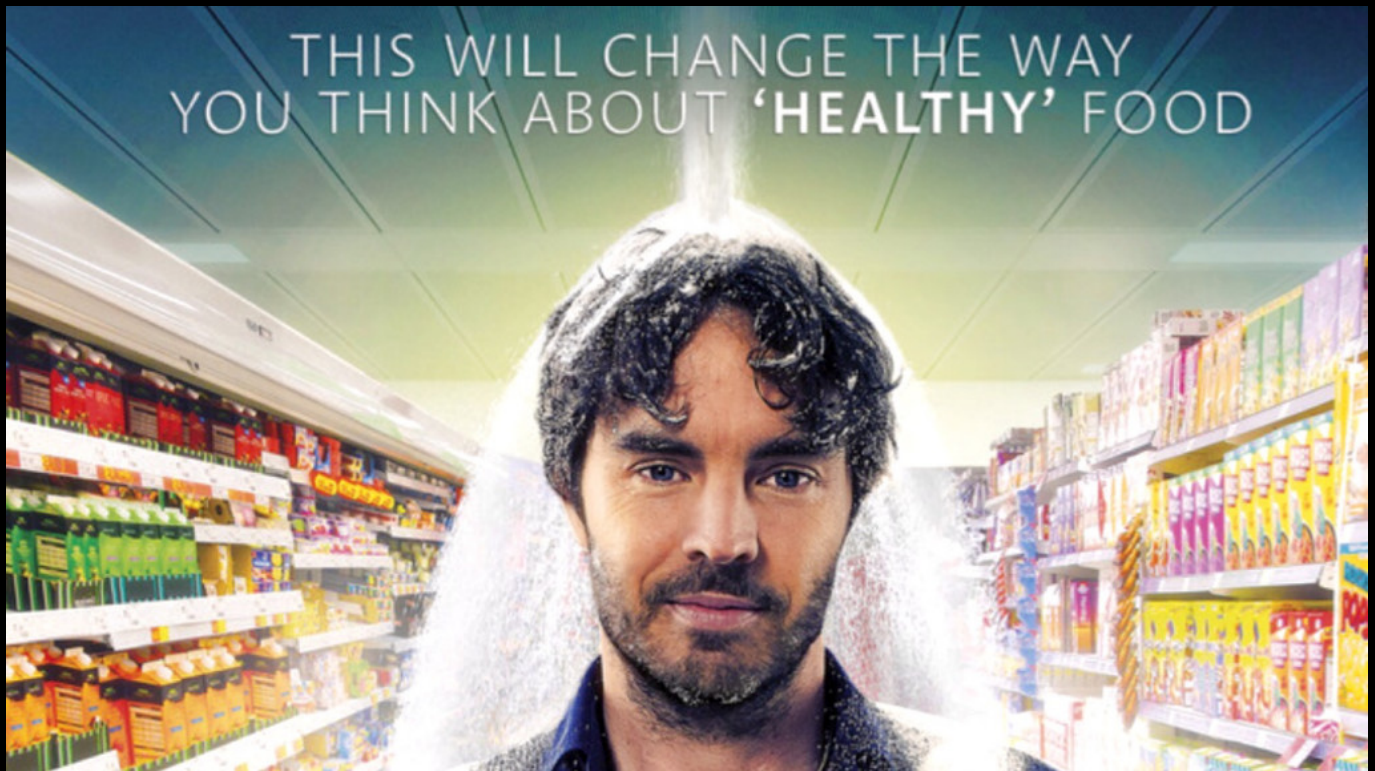


MOVIE REVIEW: THAT SUGAR FILM



That Sugar Film - A must see movie!

Fan girl moment with Damon Gameau of That Sugar Film. This and the accompanying That Sugar Book and school education pack are such great and important body of work. Why? Because whilst many have got the message that too much sugar is not good the film and book highlight in a serious but entertaining way how we're being bombarded with sugar on a daily basis and mostly not from where you'd think. Indeed the sad reality is that if you're eating a processed product (anything from mayonnaise, tomato sauce, yogurt, bread, cereals, baked beans and so on) then it's very unlikely not to have added sugar. If you're able to get to a screening or arrange for one yourself then please do. Your future self and your children will thank you for it later.