

An interview with Gary Taubes about his book, The Case Against Sugar:
<http://reason.com/archives/2018/04/14/the-man-who-hated-carbs-before>

The book itself:

https://www.amazon.com/Case-Against-Sugar-Gary-Taubes/dp/0307946649/ref=sr_1_1?ie=UTF8&qid=1519932490&sr=8-1&keywords=the+case+against+sugar