



For Immediate Release
August 15, 2016

**Bestselling Authors Gary Taubes and Dr. Robert Lustig
Discuss Health Impacts of Sugar with
New York Times Journalist Anahad O'Connor and
Childhood Obesity Expert Dr. Janet Wojcicki at
Palo Alto High School's Media Arts Center**

At the invitation of Esther Wojcicki, renown journalism teacher and education luminary, two titans in the field of food and health will discuss the impact of sugar and processed food in our diets. The event, "[Real Food Fun](#)," will be held:

- Thursday, September 8, 2016, 5:30 PM - 9:00 PM
- Palo Alto High School Media Arts Center
- 50 Embarcadero Road, Palo Alto, CA

The "Real Food Fun" program, hosted by the [Institute for Responsible Nutrition](#), will include an *Iron Chef* style 'Real Food Hackathon' (live cooking demonstrations), gourmet "real food" appetizers and fresh fruit drinks bar, and a provocative, stimulating conversation between [Dr. Robert Lustig](#), [Dr. Janet Wojcicki](#) and [Gary Taubes, PhD](#), all facilitated by *New York Times* journalist [Anahad O'Connor](#). These world-class nutrition, metabolic health, and obesity experts will highlight simple pathways to health by limiting consumption of added sugar and processed foods, then respond directly to attendees' questions and answers.

Dr. Lustig's lecture, "[Sugar the Bitter Truth](#)", has been viewed over 6.5 million times and his book "[Fat Chance: Beating the Odds against Sugar, Processed Food, Obesity and Disease](#)" is a NYT bestseller published in multiple languages. Gary Taubes' newest book, "[The Case Against Sugar](#)", will be released in December 2016 and is likely to join his other bestselling books: [Why We Get Fat](#), and [Good Calories, Bad Calories](#).

The [mission](#) of the Institute for Responsible Nutrition (IRN) is to educate parents and children on the importance of eating real food and promoting greater health. With a new school year just around the corner, this event offers parents and community leaders a great opportunity to learn what is causing the global epidemics of metabolic (processed food) disease such as type 2 diabetes and obesity, and how to beat sugar addiction by embracing a diet full of fresh, real food. The IRN will highlight its new [Nutrition Toolbox](#) and [10 Day Real Food Challenge](#) – visionary solutions designed to help schools and families beat cravings for sugar and processed food.

Participation is limited – to acquire tickets and more information, please visit:
http://www.responsiblefoods.org/irn_events

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