

## The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet (Paperback)



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### **Reviews**

*Completely essential read pdf. It is definitely simplistic but shocks within the 50 % of your book. Its been designed in an exceptionally straightforward way which is simply following i finished reading through this publication in which actually changed me, change the way i believe.*

*(Damon Friesen)*

## THE BIG FAT SURPRISE: WHY BUTTER, MEAT, AND CHEESE BELONG IN A HEALTHY DIET (PAPERBACK)



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SIMON SCHUSTER, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. A New York Times bestseller Named one of The Economist s Books of the Year 2014 Named one of The Wall Street Journal s Top Ten Best Nonfiction Books of 2014 Kirkus Reviews Best Nonfiction Books of 2014 Forbes s Most Memorable Healthcare Book of 2014 Named a Best Food Book of 2014 by Mother Jones Named one of Library Journal s Best Books of 2014 In *The Big Fat Surprise*, investigative journalist Nina Teicholz reveals the unthinkable: that everything we thought we knew about dietary fat is wrong. She documents how the low-fat nutrition advice of the past sixty years has amounted to a vast uncontrolled experiment on the entire population, with disastrous consequences for our health. For decades, we have been told that the best possible diet involves cutting back on fat, especially saturated fat, and that if we are not getting healthier or thinner it must be because we are not trying hard enough. But what if the low-fat diet is itself the problem? What if the very foods we ve been denying ourselves--the creamy cheeses, the sizzling steaks--are themselves the key to reversing the epidemics of obesity, diabetes, and heart disease? In this captivating, vibrant, and convincing narrative, based on a nine-year-long investigation, Teicholz shows how the misinformation about saturated fats took hold in the scientific community and the public imagination, and how recent findings have overturned these beliefs. She explains why the Mediterranean Diet is not the healthiest, and how we might be replacing trans fats with something even worse. This startling history demonstrates how nutrition science has gotten it so wrong: how overzealous researchers, through a combination of ego, bias, and premature institutional consensus, have allowed dangerous misrepresentations to become dietary...



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