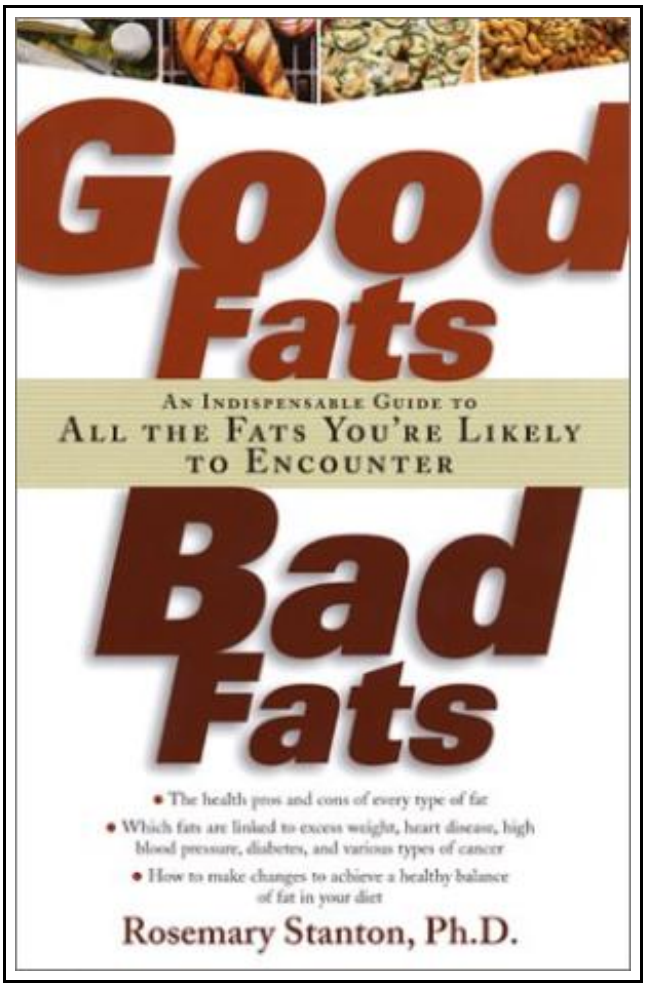
Good Fats, Bad Fats: An Indispensable Guide to All the Fats You're Likely to Encounter



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Reviews

Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time.

(Althea Christiansen)

GOOD FATS, BAD FATS: AN INDISPENSABLE GUIDE TO ALL THE FATS YOU'RE LIKELY TO ENCOUNTER

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Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Good Fats, Bad Fats: An Indispensable Guide to All the Fats You're Likely to Encounter, Rosemary Stanton, Most of us regard fat as the number-one food enemy the element in food that stands between us and good health. But most people are unable to make informed choices about which foods to eat and which to avoid because they lack the basic facts about fats and are unaware of the differences between them. In Good Fats, Bad Fats, nutritionist Rosemary Stanton provides readers with an indispensable resource that looks at all types of fats saturated, poly- and monounsaturated, cholesterol, evening primrose oil, omega-3s, and omega-6s and explains in simple language what they are, what they do, which ones we should be eating, and which we should be avoiding or eating in moderation. A concise guide to the health pros and cons of every type of fat, the book provides information about how different fats are related to excess weight, heart disease, high blood pressure, diabetes, and various types of cancer. Illustrated with nine charts, this easy-to-read, informative guide will show that when it comes to diet and good health, all fats are not created equal.

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