

# Know Your Fats:

The Complete Primer for Understanding  
the Nutrition of Fats, Oils, and Cholesterol



**Mary G. Enig, Ph.D**

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## Know Your Fats : The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol



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Pristine Pages. I bought it and then never ended up using it.



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Eye opening book on the dangers of our modern diet plan. Dr. Mary Enig's technical parts add credibility. The just improvement will be a summary by the end of several of the chapters. Way too complex for me. Great publication if you're a scientist or understand chemistry but if you're not we wouldn't bother. Great learning. Exceptional book, finally a book about nutrition compiled by a scientist. It had been to improve my lipid profile, but did wonders for my inflamed hands and other ortho problems. We haven't taken NSAIDs in weeks. No other element of our diet is indeed misunderstood. I can walk for a few miles now, comfortably. The change has been dramatic which book explains why. I found the chapter about the annals of diet suggestions to be eye starting and disturbing. This was known for many years but was swept aside due to pressure from various food industries. Good book, so is certainly Udo Erasmus' book on the topic. It depends on what you are looking for as to how much you prefer this book. We found this to be a thorough source of information. Enig is certainly an authority on fats. This isn't beach reading. If you want to understand the many types of fat and get in-depth understanding of how the food sector promotes mis-information on fat, there is a large amount of very good materials. It's serious, specialized stuff, also if Enig explains items lucidly and concisely. She realized before it was mainstream that hydrogenated fats are dangerous. Unfortunately, this publication has some outdated info as it was released in 1993, but continues to be available on Amazon. Individually I'm glad I have both books. They are a prosperity of information on a topic that's critical to good health. Dated, but still an excellent reference book. Though it is a "primer" and written for a general audience, it had been still a slog to get through the initial few chapters and really absorb the contents. I am an avid reader of research books, so if it is designed for the general public it shouldn't have been quite so challenging to understand. All in all, though, it really is a good primer and once you struggle through the basics--the difference between "cis" and "trans" bonds (and how "trans" bonds lie smooth and pack tighter), classes of essential fatty acids (saturates, mono-unsaturates, poly-unsaturates and artificial trans-fatty acids), and fatty acid family members (omega-3, omega-6, omega-7, omega-9, etc. This publication is alternately specialized and conversational. Thankfully for me, the issues with trans-fat were known in study literature in the past in the 70's, and I could raise my very own girls (now in their 30's) without trans-fats at all in their diets (and of course, other than what I myself acquired as a child, I've lived without trans-body fat in my diet all my entire life.) However, many of what you would learn from this book, including how research provides been incorrectly reported (and why), how beneficial having a variety of fats in what you eat really is, and why "low fat" has been a bad diet plan choice and animal body fat a good choice, may really shock you--I know it surprised me, and I'm pretty well read on the topic. You won't understand this information from main-stream media. Dr. Mary Enig was a pioneer researcher - way ahead of her period! If your goal is even more in-depth study of the effect of various fats on nutrition and health insurance and how they work in the body, I quickly think there is even more to understand in Udo Erasmus' book "Fats that Heal, Fats that Kill". Her profession was nearly destroyed by the edible essential oil industry. There need to be better books out there. Bring about the fat, great book, could be a bit as well scientific at times- occasionally a bit too hard to follow but overall very educational. A necessary, if just a little dry, primer about fats. Mary Enig could very well be the world's foremost expert on fats, and Find out Your Fats sets right many of the misconceptions and errors commonly presented about the excess fat we eat. She's a researcher not an English major, but read this for the beneficial information. I came apart astounded at how utterly complex and diverse body fat are, how essential and irreplaceable they are for you personally and how exactly we are regrettably surrounded and bombarded with trans fat. Please read and purchase a copy for a friend. A superb contribution. Everyone, irrespective of their interest in nourishment or biochemistry, needs a solid understanding about lipids. No easy read, but worth it. I've some organic chem background, but the first few chapters are rough. We purchase awful-tasting low-fat and fat-free products under the guise that less fat in our diets means a slimmer, healthier body. I quit likely to my pain administration physician. This is actually the "go to" reserve for everything unwanted fat related. She was present (as students) in the committee hearings which, based upon flawed research, set us upon the fake fears still promoted about fat. One study showed a quarter of noncollege educated adults believe we should completely eliminate unwanted fat from our diet programs. While scientifically supported, it is very hard to read and not that useful. Dr. Enig enlightens us and takes that fear away. She provides lot of description regarding the chemical make up of all various fats in the main fat family members - saturated, mono, and poly. You will not carry Know Your Fat on your

following Hawaiian cruise. There are a number of charts to help you understand food resources of fats. I have no idea if a reserve about lipids can be "fun," and Enig doesn't try (save for one particular amusing bit about CLA). Hard but definitely accessible materials. Had Enig paired with a good editor - and for sure, the book might use some editing - Understand Your Fats could have been more lively and perhaps reach a broader market. As it stands, I imagine the only people purchasing will be nourishment and biochemistry college students and scholars. But with the ubiquitous misinformation about lipids, everyone might use a great primer on the subject, and this is among the best. Not really reader friendly. Big Pharmaceutical companies churn out cholesterol-decreasing and fat-blocking drugs that hinder our body's functions.) you really do have a good basic understanding to assist you know what all this is about. An excellent and in-depth treatise on the molecular chemistry of body fat, with commentary understandable and useful to any reader interested in knowing the REAL truth. Recommended! Learn the truth. It's not what you've been told! Want the truth about fats and just why they are good for you? Here you go! I became interested in fatty acids in the past but only recently experienced the applied knowledge when I actually added healthy fats and avoided toxic trans fats. It gets just a little technical but you will understand flawlessly about all kinds of fats. The need for fats inside our lives Solved any misconceptions I acquired upon the constitution of the different fats. anybody that has something regarding fat (which means everybody) should browse this book. A word of caution: this is NOT an informal, light read. Read this and you will understand fat and their role in diet much better than many "experts" do. by the end of the book it has the right recipes Outstanding! Eat your fat and don't be frightened Medical industry has been frightening us for years about "Fat enables you to Fat2 . oil. Great technical reference on fats Great technical reference on fats. I still refer back to this from time to time. Five Stars great publication instructing the good oil vs. A knowledge of chemistry and nutrition science is crucial. I learned this the hard method, as I originally purchased this for a client who threw the book at me next time we met! Lot of science, but not helpful for real life This is actually the worse book ever. That's why we need books like Know Your Fat. For instance, if you want to discover what's wrong with soybean essential oil or canola essential oil, this book doesn't tell you! Unbelievably bad. Only read it for diet course. The reserve is a good learning tool, and reference for all fat. authoritative guide to fats Mary Enig is probably the foremost researcher in this field. Has some actual science in it, however, not helpful for true to life.



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