

NEW YORK TIMES BESTSELLER

"A page-turner . . . A gripping read for anyone who has
ever tried to eat healthily." —*The Economist*



THE BIG FAT SURPRISE

Why Butter, Meat & Cheese
Belong in a Healthy Diet

NINA TEICHOLZ

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



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A New York Times bestseller Named among the Economist's Books of the Year 2014 Named among the Wall Street Journal's For decades, we've been told that the perfect diet involves reducing on fat, especially saturated fat, and that if we are not getting more healthy or thinner it should be because we are not trying hard enough.s Most Memorable Healthcare Book of 2014 Named a Best Food Publication of 2014 by Mother Jones Named one of Library Journal's Best Books of 2014 In The Big Fat Shock, investigative journalist Nina Teicholz reveals the unthinkable: that everything we thought we knew about dietary fat is wrong. She papers how the low-fat nutrition suggestions of days gone by sixty years provides amounted to a vast uncontrolled experiment on the entire population, with disastrous implications for our health and wellness.s Top Ten Best Nonfiction Books of 2014 Kirkus Reviews Best non-fiction Books of 2014 Forbes' But imagine if the low-fat diet is itself the issue? With eye-opening scientific rigor, The Big Fats Surprise upends the traditional wisdom about all fat with the groundbreaking claim that more, not less, dietary fat—are themselves the key to reversing the epidemics of obesity, diabetes, and heart disease?the creamy cheeses, the sizzling steaks—ve been denying ourselves— In this captivating, lively, and convincing narrative, predicated on a nine-year-long investigation, Teicholz shows how the misinformation about fats took keep in the scientific community and the public creativity, and how recent findings have overturned these beliefs. She explains why the Mediterranean Diet is not the healthiest, and how exactly we might be replacing trans fat with something even worse. Research shows that we've been needlessly avoiding meats, cheese, dairy, and eggs for decades and that we is now able to, guilt-free, welcome these delicious foods back into our lives. What if the very foods we're including saturated fat—is usually what leads to raised health and wellness. This startling history demonstrates how nutrition science has gotten it therefore wrong: how overzealous experts, through a combination of ego, bias, and premature institutional consensus, have allowed dangerous misrepresentations to become dietary dogma.



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A must read - even though you are not dieting. Teicholz writes: "Curious about the findings, I called Essential Lance Gould, director of cardiology at the University of Texas, who helped Ornish start his research profession and was a co-author with Ornish on the JAMA papers.... At 48 years old, I've developed being told that saturated fats were poor and that people should eat mostly carbohydrates (wholegrains, rice, pasta, etc). Her piece prompted conservative pundit, Rush Limbaugh, to accomplish a lengthy expose on his chat show about the reduced fat diet myth. Our fear of healthy natural fats has made us unwell, inflamed & I didn't go through this with an objective of slimming down as I am fairly fit and exercise every day. I have acquired problems with PVCs (extra abnormal center beats) and high blood pressure though. Since eating a higher fat diet and limiting carbs to just dinner for the past 3-4 months, the PVCs have eliminated away and my blood pressure has drop. My degree of HDL (great cholesterol) proceeded to go up and triglycerides went down. Oz — arguably the most influential doctor on TV — recently admitted that he was "wrong" about saturated fats being dangerous. Moreover, I feel better - more energy and sustained mental clearness throughout the day. The writer really dug directly into science to get the truth! My most favourite reserve ever! Stamler led the Multiple Risk Element Intervention Trial (MRFIT), a \$115 million dollar experiment completed from 1973-1982. Ever! You won't ever again take one of these sensationalized announcements at face value. I've also totally changed my diet to low carb high fat, lost 13 kgs (26lbs), stopped my horrible knee discomfort, migraines, pre-diabetes blood sugars, headaches, eczema and mild unhappiness. Every chapter is certainly compelling & Teicholz offers proven herself to be a contemporary muckraker of the highest order.. Nina's subsequent function to change the united states dietary guidelines) so much that I travelled to Colorado mountains from Australia this week to meet her! The scale of research and science Nina provides reviewed is nothing short of gargantuan. And today I'm super content as I've just bought 2 pairs folks sized 2 jeans! That is an extraordinarily well-written publication by an author lacking any agenda. fat. You need to get this reserve if you want to know why! Essential information that needs to be heard! We've even now got a long road ahead, though, and many misconceptions persist. Not rationalized! Teicholz's explosive expose on the origins of the Mediterranean Diet plan and our (contemporary) fetishization for essential olive oil will blow your mind. It is probably better for you than statins. Great browse! Destined to change the national conversation about what takes its "healthy" diet Okay, look. I'm about as biased a reviewer as possible get. I read Gary Taubes' Good Calories Bad Calories in 2008 and was so moved by it that I radically overhauled my diet plan and started writing and researching about nutrition and obesity as a hobby. So when I had the opportunity to examine an advance copy of Nina Teicholz's Big Fat Surprise, I assumed I'd enjoy it and trust her conclusions. I just have two books that dog vegetable oil which is one.. but I was in no way looking to be so amazed and delighted by it. That may be a chance find... it's one among those findings.. and so infuriated by the nasty diet politics that she exposes. Could a single guy, Ancel Benjamin Keys, indirectly be responsible for more mayhem than any other amount from the 20th hundred years? Was Keys' so-called "diet-heart hypothesis" -- which convinced a generation to eschew eating fat and turn rather to sugars, carbohydrate and processed veggie oils -- probably the most deadly ideas of contemporary civilization? These and other troubling thoughts may't help but bubble to mind as you read Teicholz's nutritional thriller. ONE OF THE MOST IMPORTANT BOOKS OF OUR TIME Nina Teicholz did a superb work of telling the story of how the zero fat dogma of the past 50+ years prevented true scientific inquiry from occurring and resulted in a national health disaster that is almost beyond comprehension. But first, the overview: In the middle of the 20th century, thanks to Ancel Keys and many other

arrogant experts, we started to fear fat molecules as an agent of heart disease and additional ills. Flips the conventional teaching of 40 years of the food pyramid ugly. Teicholz's lucid summary of this disaster, *The Questionable Link Between Saturated Body fat and Heart Disease*, was the #1 most read editorial in a recently available issue of the Wall Road Journal. As it happens that the science simply doesn't support that. We hesitate to be optimistic, but we may end up being witnessing a wave of mainstream support for Teicholz and Taubes' signature suggestions about nutrition and wellness. You won't ever fully trust again health suggestions from Harvard Med, Yale Med, AHA, AMA, JAMA, or the foods hawked by the big meals supplier businesses. I also lost 7-8 pounds. Well, how did these beliefs develop, and will there be good science to back again them up? Peter Attia and Dr. David Perlmutter on Oz's present also verify Oz's switch of heart. Meanwhile, documentarian Morgan Spurlock (of *Supersize Me* fame) recently admitted: "I am not wanting to eat carbohydrates, no bread, simply no pasta, no sugar. Personally i think much better than I ever possess." Katie Couric's new documentary, *COMPLETELY FED UP*, which opens this weekend (as we compose this review), also calls B. the annals of how exactly we got here's well researched. on the low fat high sugar diet and questions the idea that calories are equivalent. He's a really genius at PR. However the scientific data is crystal clear. Within an interview with Stamler, she described the following paradox: a 1997 follow-up to MRFIT discovered that the procedure group had higher rates of lung cancer compared to the control group did, despite the fact that 21% of the procedure group had stop smoking compared with 6% of the control group. Interview with Jeremiah Stamler Stamler was a colleague and modern of Keys, and he and Keys advocated aggressively for the diet-center hypothesis. This is my favourite book. It was a catastrophic failing for the diet-heart hypothesis, as Teicholz describes, yet its failing changed nothing at all about how the nutrition establishment operated. That's among the reasons Teicholz's publication is so essential. Stamler responded: "I don't know!. Troublesome. Unexpected. Not explained. Our current obsession with low fat diets and vegetables is killing us with weight problems and type II diabetes." Fascinating stuff. Keto has helped me and the wife drop combined over 55 pounds. A 1998 article published in the *Journal of the American Medical Association (JAMA)* helped make Ornish a household name. the publication shows the adjustments that happened whenever we switched from pet fats to veg essential oil and the issues it caused with this health. This is probably probably the most important books I've read during the past 10 years. On the phone, I could nearly hear Gould's incredulity over how Ornish promoted their study results. 'Most people execute a research and get one paper. This book will not only upend everything you thought you understood regarding the partnership between fat and human being health, nonetheless it will also make you question every media headline purporting to convey the most recent discovery on the effects of specific foods on human health. There's a certain skill in advertising a small little bit of data. And a massive meta-analysis of 72 research published in February in the *history of Internal Medicine*, which exonerated saturated fat in no uncertain terms, is just the latest in an evergrowing fusillade of attacks on the conventional "eat less fat and more carbs" nonsense. Well written science based information Wow! Right? Guest appearances by Dr. High saturated extra fat and low carb not merely tastes wonderful, it's healthy. Here's a good gem: "...when [popular Harvard University diet professor] Walter Willett unveiled the Mediterranean pyramid in 1993, no controlled clinical trials of the diet had ever been done." *The Scary Rise of Soybean Oil* Teicholz recounts the bizarre story of multimillionaire, Philip Sokolof, who bought a page ad in the brand new York Times in 1988 trumpeting "THE POISONING OF AMERICA" by fats. She also reveals a deeply disturbing graph published in the *American Journal of Clinical*

Nutrition showing how soybean oil consumption has skyrocketed. "People in America now eat over 1,000 times even more soybean oil than they do in 1909, the largest change in the American diet. The translation of books into Chinese is a good filter because garbage isn't translated because it's not worth anybody's period. The book is a brilliant whodunnit, and I cannot recommend it highly more than enough. Stop. Do not pass go: get your copy NOW. Good to know, but also a tale that you cause you to angry. While it isn't the secret to weight loss, it is the answer to cardiovascular disease and weight gain and a foundation to build your daily diet on. But this research was PLENTY flawed and got outsized pressed. So we revised our diet plan to be "healthier" and wound up, ironically, coping with profound epidemics of obesity, type 2 diabetes and other metabolic diseases because of this. Shows the way the food industry, government, and some researchers have twisted nutritional research to the detriment of our health. I'll get to the juicy details in another. Dean does one research and gets a couple of papers. And I'm the child of a librarian so I've read a whole lot! It is good to know that not absolutely all journalists are cogs in the steering wheel of corporate power. With this excellent function of investigative journalism, Ms. shocking in what she reviews about the atrocious history of nutritional medication. This book should be required reading for each and every senior high school student before graduating. Thank you, Nina! Great book!!! Milton Friedman's example was the fantastic Depression, however the analogies are also appropriate as used here. Some parts saying fruits or vegetables don't drop cancer rates I believe is bogus. Saying all meat has everything you need I believe is normally too much as well. Not absolutely all meat is equal and organ meats vs muscle tissue ect. Great reading Great reading Many concepts rolled into 1 book. A bit of exercise and weight loss wouldn't harm also! How it got such as this.. I value the mention. Though it seems to beat this at the mercy of loss of life it has its bias. Essential read for background sake and to see how figures could be bent for bad food choices An important book Well researched and written, this book ought to be read by anyone with a heart and waistline! I wouldn't bet your daily life on simply this book's advice when you have a center you need to keep. Back to what I like is the crazy (but most likely true idk) history of excess fat. The China Study or How NEVER TO Die bring up some things this book ignores.....I really like this book (I'll over the drama of nutritional recommendations This is an excellent book. (It's been translated into Chinese, and I only happen to have got found it because I noticed that my wife was reading it."I could continue.) In any case, this reserve intersects with a wide array of other things that I have read before. i. Primarily, it is an growth of just how that a belief may become entrenched as public policy to deleterious effect. What happens when you put anywhere near this much power in the hands of individuals who have no idea what they are performing? I don't believe all of it but a great deal. It certainly only takes half a dozen idiots to set the world on fire. (Milton Friedman's "Capitalism and Freedom.") ii. There is a great deal of overlap between your Environmental-Spiritual Movement and the Anti-Saturated Fat Spiritual Movement. 1. There is definitely some amount of research that is not settled, and there can be debate within the Scientific Community about the reality. 2. Government bureaucrats consider it over and reinterpret the problem as fulfillment of competing political desires. 3."Fascinating Important Reappraisal of Olive Oil and the Mediterranean Diet We all "know" olive oil is among the healthiest substances recognized to humanity. I'd also recommend "Grain Brain" by Perlmutter. The Science is Settled As a physician trained in the low-fat dogma, I've had a hard time moving to a higher saturated fat diet. Perfectly written. Must read Best book ever read Fascinating and Infuriating history of dietary advice Fascinating tale about how we have been deceived in what foods all of us ought or ought never to eat. Why the reduced fat diet is eliminating us. The

incorrect direction seems to be a combination of people trying to accomplish the proper thing, but getting it wrong, and just plain old greed, if they knowingly provided harmful foods and advertised them to be healthy. Read the section on polyunsaturated fats used in restaurants, which they either voluntarily thought we would use or had been bullied into using, and you will never want to consume anything cooked there, or at least not very often. Once or twice per year for the most part. And you will stop using it at home. Furthermore to Limbaugh's harangue against Keys and the low fat diet, Dr. Read it! Excellent read! Slaying Dean Ornish's Cherished Study Claiming That His Diet plan "Reversed" Center Disease Teicholz also interviewed Dean Ornish, the most celebrated contemporary advocate of zero fat diet programs, and analyzed the analysis that made him a dietary star.



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