

NO. 1 NEW YORK TIMES BESTSELLING AUTHOR



# FOOD: WTF SHOULD I EAT?

A no-nonsense guide to  
achieving optimal weight  
and lifelong health

DR MARK HYMAN

Mark Hyman

Food: WTF Should I Eat?: The no-nonsense guide to achieving optimal weight and lifelong health



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In WTF MUST I eat? Did you know that porridge isn't in fact a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? No 1 New York Times bestselling writer Dr Mark Hyman sorts through the conflicting study on food to provide us the truth on might know about be eating and just why. - Dr Hyman looks at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a danger. 'Dr Tag Hyman's WTF Should I Eat? With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes in every chapter, WTF Should I Eat? is an invaluable reference for cooking, eating and living well. He also explains the key role food plays in functional medication and how meals systems and guidelines affect our environmental and personal wellness. If you would like to take all the guesswork out of eating a genuine, whole foods diet, read this book! can be an easy to follow guideline to the foods that harm us and the foods that heal us.' - Daniel Goleman 'I find that lots of people are confused about what constitutes a healthy diet. Food: WTF Should I Eat? This may be the most useful reserve you will read. gives a masterpiece of truth-informing, a subversive reproach to the industrial systems that threaten our extremely wellness - and how each of us can flourish by producing better meals choices. - Dr. Rangan Chatterjee



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