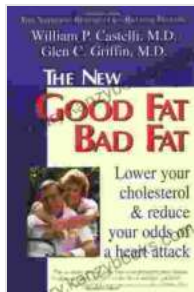


The New Good Fat Bad Fat: The Book That Will Change Your Health and Your Weight



The New Good Fat Bad Fat: Lower Your Cholesterol and Reduce Your Odds of a Heart Attack

★★★★☆ 4 out of 5

Language : English

File size : 2489 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 264 pages



When The Good Fat Bad Fat was first published in 2002, it revolutionized our understanding of fat. Author Gary Taubes revealed the latest scientific research on the role of fat in our health and weight, and dispels the myths that have been keeping us from eating healthy fats.

Now, in The New Good Fat Bad Fat, Taubes updates his groundbreaking research with the latest findings on fat and its impact on our health. He explains how good fats can help us lose weight, improve our cholesterol levels, and protect us from chronic diseases like heart disease and diabetes.

Taubes also debunks the myths that have been keeping us from eating healthy fats. He explains that saturated fat is not the dietary villain it has been made out to be, and that we should not fear eating red meat or butter.

The New Good Fat Bad Fat is a must-read for anyone who wants to lose weight, improve their health, and live a longer, healthier life.

What you'll learn from The New Good Fat Bad Fat

- The truth about good fats and bad fats
- How to lose weight by eating healthy fats
- How to improve your cholesterol levels by eating healthy fats
- How to protect yourself from chronic diseases like heart disease and diabetes by eating healthy fats
- The myths about fat that have been keeping us from eating healthy fats

Who should read The New Good Fat Bad Fat

- Anyone who wants to lose weight
- Anyone who wants to improve their health
- Anyone who wants to live a longer, healthier life
- Anyone who is confused about the role of fat in our diet
- Anyone who has been told to avoid eating fat

Free Download your copy of The New Good Fat Bad Fat today

The New Good Fat Bad Fat is available in bookstores and online retailers. You can also Free Download your copy directly from the publisher by clicking [here](#).

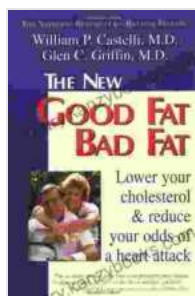


Saturated Fat:
These are fats that are solid at room temperature and can raise your cholesterol.

Trans Fats: These are artificial fats that are sometimes added to food, however the FDA has removed them from Generally Recognized as Safe list and they should no longer be added to foods.

Monounsaturated Fat: These are fats that are better for you when they are consumed in moderation. They are typically liquid at room temperature and solid when chilled.

Polyunsaturated Fat: These fats are also better for you when consumed in moderation and can help to lower cholesterol. They are also liquid at room temperature and solid when chilled.



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