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Big Fat Surprise Butter Healthy THE BIG FAT SURPRISE Why Butter, Meat & Cheese Belong in a Healthy Diet.

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THE BIG FAT SURPRISE. Why Butter, Meat & Cheese Belong in a Healthy Diet. Investigative journalist Nina Teicholz reveals the unthinkable: that everything we thought we knew about dietary fats is wrong. She documents how the past sixty years of low-fat nutrition advice has amounted to a vast uncontrolled experiment on the entire population, with disastrous consequences for our health.

The Big Fat Surprise by Nina Teicholz | Why Butter, Meat ...
With eye-opening scientific rigor, The Big Fat Surprise upends the conventional wisdom about all fats with the groundbreaking claim that more, not less, dietary fat—including saturated fat—is what leads to better health and wellness. Science shows that we have been needlessly avoiding meat, cheese, whole milk, and eggs for decades and that we can

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now, guilt-free, welcome these delicious foods back into our lives.

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The Big Fat Surprise: Why Butter, Meat, and Cheese Belong ...

I purchased The Big Fat Surprise on 27-Jan-2015 - it stayed on Mt. TBR for 1 year, 3 months. I want to start this review with a little information about me: I am currently an omnivore and I consume all foods with the exception of bananas (allergy).

The Big Fat Surprise: Why Butter, Meat and Cheese Belong ...

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With eye-opening scientific rigour, *The Big Fat Surprise* makes the groundbreaking claim that more, not less, dietary fat – including saturated fat – is what leads to better health and wellness. Science shows that we have been needlessly avoiding meat, cheese, whole milk, and eggs for decades, and that we can now, guilt-free, welcome these delicious foods back into our lives.

The Big Fat Surprise: why butter, meat, and cheese belong ...

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The Big Fat Surprise: Why Butter, Meat, and Cheese Belong ...

Butter, especially grass-fed, is a great source of a fatty acid called Conjugated Linoleic Acid. CLA has been shown to have anti-cancer properties as well as lowering body fat percentage in humans. Butter is an excellent source of the 4-carbon fatty acid butyrate, which can have various health benefits.

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