
**The Big Fat
Surprise Why
Butter Meat And
Cheese Belong In
A Healthy Diet
English Edition
By Nina Teicholz**

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fat diets finds that it
was based on flimsy
evidence supported by an
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interests and amplified
by a docile press'

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many reasons the most important being that in it nina reveals the unthinkable that everything we thought we knew about dietary fats is wrong binning scientific rigor with riveting storytelling she argues that more not less'

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captivating narrative
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for decades americans
have cut back on red
meat and dairy products
full of bad saturated
fats we o'

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is wrong she documents

how the low fat
nutrition advice of the
past sixty years has
amounted to a vast
uncontrolled experiment
on the entire population
with disastrous
consequences for our
health'

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we had the statistical
means to understand why
things did not add up we
had a boatload of
cassandras a chorus of
warnings but they were
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'**nina teicholz**

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healthy diet traced the
history of us diet
guidelines in the book
she discussed the
science behind the
guidelines and the
influence of industry
lobbying on them and
also questioned the
emphasis on avoiding
saturated fat'

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indicate that animals
primarily consume foods
not fit for human
consumption and meat
production requires less
cereals than generally
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'big fat nutrition
policy nina teicholz
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teicholz is the
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who in her book the big
fat surprise why butter
meat and cheese belong
in a healthy diet
overturned 40 years of

**official dietary advice
and showed'**

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fat surprises fat is
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summarises the big fat
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out the scientific case
for why our bodies are
healthiest on a diet
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fats and why this regime
necessarily includes
meat eggs butter and
other animal foods high
in saturated fat the big
fat surprise takes us
through the dramatic
twists and turns of
fifty years of'

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fat surprise is
revelatory i consider
this essential reading
for anyone interested in
health and modern diet
it offers a powerful
challenge to the
governing paradigm that
a low fat high carb diet
with lots of fruits and
vegetables is the
healthiest way to eat'

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journalist nina teicholz
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knew about dietary fat
is wrong'

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of low fat nutrition
advice has amounted to a
vast uncontrolled
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