



## Good Fats, Bad Fats: An Indispensable Guide to All the Fats You're Likely to Encounter

By Rosemary Stanton

Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Good Fats, Bad Fats: An Indispensable Guide to All the Fats You're Likely to Encounter, Rosemary Stanton, Most of us regard fat as the number-one food enemy the element in food that stands between us and good health. But most people are unable to make informed choices about which foods to eat and which to avoid because they lack the basic facts about fats and are unaware of the differences between them. In Good Fats, Bad Fats, nutritionist Rosemary Stanton provides readers with an indispensable resource that looks at all types of fats saturated, poly- and monounsaturated, cholesterol, evening primrose oil, omega-3s, and omega-6s and explains in simple language what they are, what they do, which ones we should be eating, and which we should be avoiding or eating in moderation. A concise guide to the health pros and cons of every type of fat, the book provides information about how different fats are related to excess weight, heart disease, high blood pressure, diabetes, and various types of cancer. Illustrated with nine charts, this easy-to-read, informative guide will show that when it comes to diet and good health, all fats are...



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### Reviews

*Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.*

*-- Mr. Gustave Gerhold*

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

*-- Dr. Kadin Hane DVM*