

The Big Fat Surprise: Why Butter, Meat And Cheese Belong In A Healthy Diet [Kindle Edition] By Nina Teicholz

By Nina Teicholz

The Big Fat Surprise | RadioWest -

Since the 1950s, a war has been waged in America against an accused dietary culprit: fat. Avoid fat, we were told, and you'll live longer and healthier.

<http://radiowest.kuer.org/post/big-fat-surprise-1>

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<http://thebigfatsurprise.com/>

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The Big Fat Surprise is not a diet book or a book about dieting, though you will learn a lot about what you should and shouldn't eat if you read it.

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Trevor Butterworth reviews "The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet," by Nina Teicholz. 'The Big Fat Surprise' by Nina Teicholz

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About Nina Teicholz, the author of The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet
<http://thebigfatsurprise.com/about-nina-teicholz/>

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Once thought to be a bad-for-you guilty pleasure, saturated fats such as butter have been enjoying a revival as low carb high fat dieters praise it for its fat-

<http://www.examiner.com/article/big-fat-surprise-praises-saturated-fats-and-high-fat-low-carb-diets>

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Journalist Nina Teicholz wants you to rethink everything you thought you knew about dieting. Her new book, The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a

<http://www.shape.com/healthy-eating/diet-tips/why-eating-man-may-be-best-womens-health>

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<http://spark-your-health.com/the-big-fat-surprise-why-butter-meat-and-cheese-belong-in-a-healthy-diet/>

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