



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...



[DOWNLOAD PDF](#)



[READ ONLINE](#)
[1.02 MB]

Reviews

This is actually the finest ebook i have study right up until now. I have got study and so i am confident that i will going to read through once again yet again in the foreseeable future. I am happy to inform you that this is the finest publication i have study inside my personal lifestyle and may be he very best pdf for possibly.

-- Hobart Anderson II

These kinds of ebook is almost everything and got me to seeking ahead of time plus more. It really is filled with wisdom and knowledge I discovered this book from my i and dad advised this publication to learn.

-- Sonny Bergstrom

Related Books



Choose the Perfect Baby Name: Teach Yourself

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Choose the Perfect Baby Name: Teach Yourself, Victoria Wilson, Whether you're expecting, planning or just interested, Choose the Perfect Baby Name will help you to make informed choices and inspire you...



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



Learn em Good: Improve Your Child's Math Skills: Simple and Effective Ways to Become Your Child's Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Good Night, Zombie Scary Tales

Feiwei & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in. Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isn't just any...



The Good Girl

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Good Girl, Fiona Neill, Scratch the surface of any family hard enough and you'll draw blood. No one can believe it when straight A student Romy Field finds herself at the centre of...



Good Old Secret Seven

Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, Good Old Secret Seven, Enid Blyton, The Secret Seven are Peter and his sister Janet, Jack, Colin, George, Pam and Barbara. They meet every holiday in the shed at the bottom of Peter...