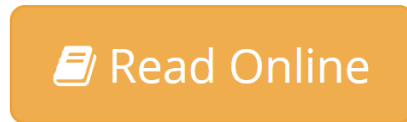


Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health

By Gary Taubes



Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health By Gary Taubes

For decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more. Yet despite this advice, we have seen unprecedented epidemics of obesity and diabetes. Taubes argues that the problem lies in refined carbohydrates, like white flour, easily digested starches, and sugars, and that the key to good health is the kind of calories we take in, not the number. Called “a very important book,” by Andrew Weil and ...” destined to change the way we think about food,” by Michael Pollan, this groundbreaking book by award-winning science writer Gary Taubes shows us that almost everything we believe about the nature of a healthy diet is wrong.

Don't miss Gary Taubes's latest book, *The Case Against Sugar*, available now.

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Editorial Review

From Publishers Weekly

Starred Review. Taubes's eye-opening challenge to widely accepted ideas on nutrition and weight loss is as provocative as was his 2001 *New York Times Magazine* article, *What if It's All a Big Fat Lie?* Taubes (*Bad Science*), a writer for *Science* magazine, begins by showing how public health data has been misinterpreted to mark dietary fat and cholesterol as the primary causes of coronary heart disease. Deeper examination, he says, shows that heart disease and other diseases of civilization appear to result from increased consumption of refined carbohydrates: sugar, white flour and white rice. When researcher John Yudkin announced these results in the 1950s, however, he was drowned out by the conventional wisdom. Taubes cites clinical evidence showing that elevated triglyceride levels, rather than high total cholesterol, are associated with increased risk of heart disease—but measuring triglycerides is more difficult than measuring cholesterol. Taubes says that the current U.S. obesity epidemic actually consists of a very small increase in the average body mass index. Taube's arguments are lucid and well supported by lengthy notes and bibliography. His call for dietary advice that is based on rigorous science, not century-old preconceptions about the penalties of gluttony and sloth is bound to be echoed loudly by many readers. *Illus. (Oct. 2)*

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From [Booklist](#)

Noted science journalist Taubes probes the state of what is currently known and what is simply conjectured about the relationship among nutrition, weight loss, health, and disease. What Taubes discovers is that much of what passes for irrefutable scientific knowledge is in fact supposition and that many reputable scientists doubt the validity of nutritional advice currently promoted by the government and public health industry. Beginning with the history of Ancel Keys' research into the relationship between elevated blood-cholesterol levels and coronary heart disease, Taubes demonstrates that a close reading of studies has shown that a low-cholesterol diet scarcely changes blood-cholesterol levels. Low-fat diets, moreover, apparently do little to lengthen life span. He does find encouragement in research tracking the positive effects of eliminating excessive refined carbohydrates and thus addressing pernicious diseases such as diabetes. Taubes' transparent prose brings drama, excitement, and tension to even the most abstruse and clinically reserved accounts of scientific research. He is careful to distinguish the oft-confused goals of weight loss and good health. Given America's current obsession with these issues, Taubes' challenge to current nutritional conventional wisdom will generate heated controversy and create popular demand for this deeply researched and equally deeply engaging treatise. Knoblauch, Mark

Review

“A vitally important book, destined to change the way we think about food.” —Michael Pollan, author of *In Defense of Food* “Gary Taubes is a brave and bold science journalist who does not accept conventional wisdom.” —*The New York Times* “A very important book.” —Dr. Andrew Weil “Brilliant and enlightening. . . . Taubes is a relentless researcher.” —*The Washington Post* “Easily the most important book on diet and health to be published in the past one hundred years. It is clear, fast-paced and exciting to read, rigorous, authoritative, and a beacon of hope for all those who struggle with problems of weight regulation and general health.” —Richard Rhodes “A watershed. . . . Lucid and lively. . . . It could literally change the way you eat, the way you look and how long you live.” —*Minneapolis Star Tribune* “Taubes tackles the subject with the seriousness and scientific insight it deserves, building a devastating case against the low-fat, high-carb way of life endorsed by so many nutrition experts in recent years.” —Barbara Ehrenreich

Users Review

From reader reviews:

Ellen Kelsey:

As people who live in the modest era should be revise about what going on or details even knowledge to make these keep up with the era which is always change and move forward. Some of you maybe may update themselves by examining books. It is a good choice for yourself but the problems coming to an individual is you don't know which you should start with. This Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

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Robert Bartlett:

Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health the mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely can be your mind friends. Imaging every word written in a publication then become one web form conclusion and explanation which maybe you never get ahead of. The Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health giving you one more experience more than blown away your brain but also giving you useful info for your better life in this era. So now let us present to you the relaxing pattern is your body and mind will probably be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

Rhonda Silva:

Are you kind of stressful person, only have 10 or perhaps 15 minute in your morning to upgrading your mind proficiency or thinking skill even analytical thinking? Then you are having problem with the book as compared to can satisfy your short time to read it because all of this time you only find publication that need more time to be study. Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health can be your answer because it can be read by an individual who have those short spare time problems.

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