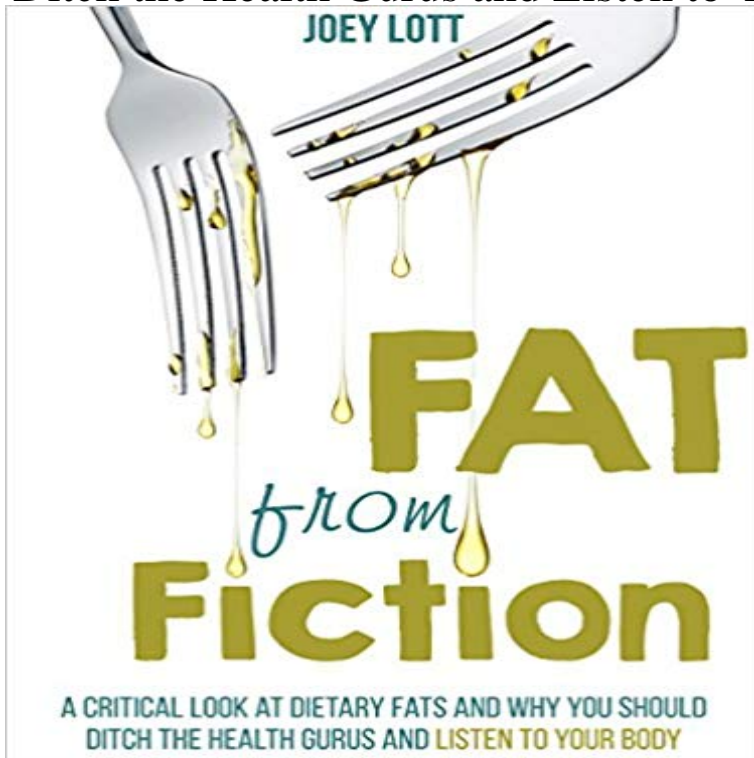


# Fat from Fiction: A Critical Look at Dietary Fats and Why You Should Ditch the Health Gurus and Listen to Your Body



Are You Afraid of Fat? Or are you a fat-worshipper? Should we eat less fat to protect our hearts? Should we eat a ketogenic diet (or become fat-adapted)? Is the Weston A. Price foundation right when it says saturated fat is healthy? Should we take fish oil, the most popular supplement in North America, or is it a deadly poison? Polyunsaturated, monounsaturated, saturated, hydrogenated what's the deal with all these fats? Which ones should we eat, and which ones should we give up? Has Our Fear of Fat Been Misplaced? Welcome to the fat wars. For the past sixty years, we've been embroiled in a nutrition battle that doesn't seem close to ending. Official groups like the American Heart Association and the USDA have taken a stance against fat, telling us it will lead to heart disease, diabetes, and obesity, but is this really true? Things have changed a bit in recent years with the paleo diet gaining momentum, but we still have diehards who think fat-free is the way to be. So who's right? Who's wrong? What should you put on your plate? What's the truth about fat? And, for the love of god, what should you be eating? Does Your Body Want Butter? In his typical fashion, author Joey Lott digs into the hard facts in *Fat from Fiction*, going straight to the research on the word fat. By the end, you'll know all the ins and outs of vegetable oils, fish oil, saturated fat, low fat, and high fat. Get the scoop on the revered omega 3s and the feared omega 6s. Find out if saturated fat is a sin and if polyunsaturated fats are really our saviors. And last but not least, finally shut up the dietary dictator in your head and get in touch with the greatest health authority around your own body.

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