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**The Big Fat Surprise by Nina
Teicholz | Why Butter, Meat ...**

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With eye-opening scientific rigor, *The Big Fat Surprise* upends the conventional wisdom about all fats with the groundbreaking claim that more, not less, dietary fat—including saturated fat—is what leads to better health and wellness. Science shows that we have been needlessly avoiding meat, cheese, whole milk, and eggs for decades and

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that we can now, guilt-free, welcome these delicious foods back into our lives.

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The Big Fat Surprise: Why Butter, Meat, and Cheese Belong ...

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a Healthy Diet by Nina Teicholz. In The Big Fat Surprise, investigative journalist Nina Teicholz reveals the unthinkable: that everything we thought we knew about dietary fat is wrong. She documents how the low-fat nutrition advice of the past sixty years has amounted to a vast uncontrolled experiment on ...

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The Big Fat Surprise: Why Butter, Meat and Cheese Belong ...

The Big Fat Surprise: Why Butter, Meat,
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Audible Audiobook - Unabridged Nina
Teicholz (Author), Erin Bennett
(Narrator), Blackstone Audio, Inc.

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Nina Teicholz is the investigative journalist who, in her book *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet*, overturned 40 years of official dietary advice and showed...

Big Fat Nutrition Policy | Nina Teicholz

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Her new book, *The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet* (Simon & Schuster, 2014), is an eloquent argument for why North Americans should abandon the 'low fat, high...

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The Big Fat Surprise: why butter, meat,
and cheese belong in a healthy diet
(Kindle Edition) Published June 30th
2014 by Scribe Kindle Edition, 496 pages

Editions of The Big Fat Surprise: Why Butter, Meat and ...

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Nina Teicholz, Author, The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet Ronald M. Krauss, M.D., Senior Scientist and Director, Atherosclerosis Research, Children's ...

**Nina Teicholz: The Big Fat Surprise -
(08/07/2014)**

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Red meat, for example, has a far greater abundance of vitamins B12 and B6, as well as the nutrients selenium, thiamine, riboflavin, and iron, than does chicken.”
— Nina Teicholz, *The Big Fat Surprise: Why Meat, Butter, and Cheese Belong in a Healthy Diet*. 1 likes.

The Big Fat Surprise Quotes by Nina

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Teicholz

Why Butter, Meat, and Cheese Belong in a Healthy Diet. By: Nina Teicholz.

Narrated by ... In The Big Fat Surprise, Teicholz reveals how 60 years of nutrition science has gotten it so wrong: how overzealous researchers have made basic scientific mistakes that, through a mix of ego and bias, allow dangerous

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misrepresentations to become dogma,
and ...

The Big Fat Surprise (Audiobook) by Nina Teicholz ...

Butter, especially grass-fed, is a great source of a fatty acid called Conjugated Linoleic Acid. CLA has been shown to have anti-cancer properties as well as

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lowering body fat percentage in humans. Butter is an excellent source of the 4-carbon fatty acid butyrate, which can have various health benefits.

Butter is Back? | NutritionFacts.org

Her 2014 book, *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet*, traced the history of US

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diet guidelines; in the book she discussed the science behind the guidelines and the influence of industry lobbying on them, and also questioned the emphasis on avoiding saturated fat.

Nina Teicholz - Wikipedia

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