

Good Calories Bad Gary Taubes

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Good Calories Bad Gary Taubes

In Good Calories, Bad Calories, Taubes tries to bury the idea that a low-fat diet promotes weight loss and better health. Obesity is caused, he argues, not by the quantity of calories you eat but by the quality. Carbohydrates, particularly refined ones like white bread and pasta, raise insulin levels, promoting the storage of fat.

Good Calories, Bad Calories (2007) - Gary Taubes

GARY TAUBES is cofounder and senior scientific advisor of the Nutrition Science Initiative (NuSI). He's an award-winning science and health journalist, the author of Why We Get Fat and Good Calories, Bad Calories, and a former staff writer for Discover and correspondent for the journal Science.

Good Calories, Bad Calories: Fats, Carbs, and the ...

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Amazon.com: Good Calories, Bad Calories eBook: Taubes ...

Gary Taubes is an American science writer. He is the author of Nobel Dreams (1987), Bad Science: The Short Life and Weird Times of Cold Fusion (1993), and Good Calories, Bad Calories (2007), titled The Diet Delusion (2008) in the UK and Australia. His book Why We Get Fat: And What to Do About It was released in December 2010.

Good Calories, Bad Calories: Challenging the Conventional ...

GARY TAUBES, an award-winning science and health journalist, is cofounder and director of the Nutrition Science Initiative (NuSI). He is the author of The Case Against Sugar, Why We Get Fat, and Good Calories, Bad Calories, and a former staff writer for Discover and correspondent... More about Gary Taubes

Good Calories, Bad Calories by Gary Taubes: 9781400033461 ...

Book Review: Good Calories, Bad Calories by Gary Taubes 1 . Dietary fat, whether saturated or not, is not a cause of obesity, heart disease, or any other chronic disease of... 2. The problem is the carbohydrates in the diet, their effect on insulin secretion, and thus the hormonal regulation of... ...

Book Review: Good Calories, Bad Calories by Gary Taubes

The greatest strength of Good Calories, Bad Calories may be that the reader, following the model of Taubes's well-exercised probing of conventional dogma, will forever remain an independent thinker and a healthy, toned skeptic of all received wisdom, regardless of its hallowed sources.

Good Calories, Bad Calories by Gary Taubes - The Weston A ...

Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health (published as The Diet Delusion in the United Kingdom and Australia) is a 2007 book by science journalist Gary Taubes. Taubes argues that the last few decades of dietary advice promoting low-fat diets has been consistently incorrect.

Good Calories, Bad Calories - Wikipedia

In the New York Times best seller Good Calories, Bad Calories, acclaimed science writer Gary Taubes argues that certain kinds of carbohydrates—not fats and not simply excess calories—have led to our current obesity epidemic. Now he brings that message to a wider, nonscientific audience in this exciting new book.

Why We Get Fat (2011) - Gary Taubes

Good Calories, Bad Calories (2007) [released as The Diet Delusion in the U.K.] In Good Calories, Bad Calories, Taubes tries to bury the idea that a low-fat diet promotes weight loss and better health. Obesity is caused, he argues, not by the quantity of calories you eat but by the quality.

Gary Taubes — Author of The Case Against Sugar, Why We Get ...

Gary Taubes (born April 30, 1956) is an American journalist, writer and low-carbohydrate diet advocate. He is the author of Nobel Dreams (1987), Bad Science: The Short Life and Weird Times of Cold Fusion (1993), and Good Calories, Bad Calories (2007), titled The Diet Delusion (2008) in the UK and Australia. His book Why We Get Fat: And What to Do About It was released in December 2010.

Gary Taubes - Wikipedia

Good Calories, Bad Calories (2007) [released as The Diet Delusion in the U.K.] In Good Calories, Bad Calories, Taubes tries to bury the idea that a low-fat diet promotes weight loss and better health.

Works - Gary Taubes

Biography Gary Taubes is an investigative science and health journalist and co-founder of the non-profit Nutrition Science Initiative (NuSI.org). He is the author of The Case Against Sugar (2016), Why We Get Fat and What to Do About It (2011) and Good Calories, Bad Calories (2007), published as The Diet Delusion in the UK.

Biography - Gary Taubes

Gary Taubes is a brave and bold science journalist who does not accept conventional wisdom. In “Good Calories, Bad Calories,” he says what he wants is a fair hearing and rigorous testing for ideas...

Good Calories, Bad Calories - Gary Taubes - Books - Review ...

At least that's what Gary Taubes thinks -- he says he's reviewed the research and interviewed over 600 experts and has the evidence to prove it. Read an excerpt from his book, "Good Calories, Bad ...

Read an Excerpt: 'Good Calories, Bad Calories' - ABC News

GARY TAUBES is cofounder and senior scientific advisor of the Nutrition Science Initiative (NuSI). He's an award-winning science and health journalist, the author of Why We Get Fat and Good Calories, Bad Calories, and a former staff writer for Discover and correspondent for the journal Science.

Good Calories, Bad Calories: Fats, Carbs, and the ...

I found Taubes' book, Good Calories, Bad Calories, to be immensely helpful in terms of understanding the history of science (and lack of science) that has surrounded the dietary advice that most medical doctors and nutritionists have been giving over the past 5 decades.

Amazon.com: Customer reviews: Good Calories, Bad Calories

Preview — Good Calories, Bad Calories by Gary Taubes. Good Calories, Bad Calories Quotes Showing 1-30 of 333. “The laboratory evidence that carbohydrate-rich diets can cause the body to retain water and so raise blood pressure, just as salt consumption is supposed to do, dates back well over a century”.