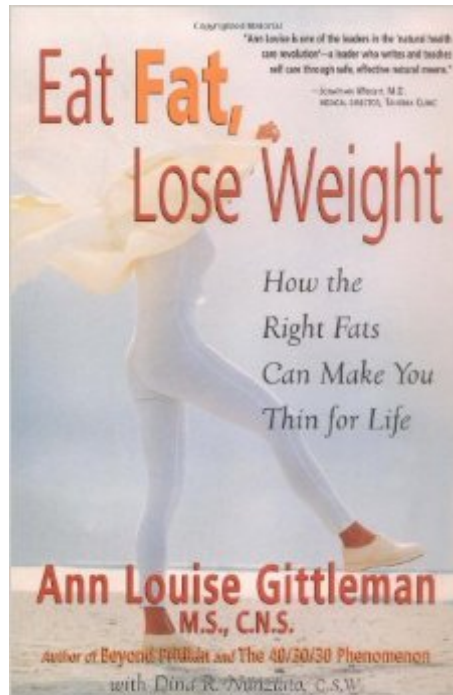


The book was found

Eat Fat, Lose Weight: The Right Fats Can Make You Thin For Life



Synopsis

Ann Louise Gittleman, bestselling author of *Beyond Pritikin* and *The 40/30/30 Phenomenon* helps us establish which fats are good for us, how much we need and which ones we should eat daily to help us burn fat and keep weight off. An easy weight loss and maintenance program to balance our diets naturally and safely is included.

Book Information

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Customer Reviews

Nutritionist and author Ann Louise Gittleman, M.S. and C.N.S., is currently a consultant to numerous professional organizations. Dina R. Nunziato, C.S.W., is a psychotherapist specializing in eating disorders and weight management. They've teamed up to write *Eat Fat, Lose Weight: How The Right Fats Can Make You Thin For Life*. Their book is essential reading for anyone wanting to know the true role of dietary fat in weight control. Gittleman starts with the premise that Americans have done themselves more harm than good by banishing all fats from their diets. She says that "all fats are not created equal. In fact, certain fats boost the body's metabolic rate and protect the heart and nerves." She adds that "certain fats are essential to the health and vitality of every human being, regardless of age, gender, or current weight." The authors describe each kind of fat and what it does in the body. They cite statistics showing that since Americans became obsessed with low-fat and fat-free diets obesity has increased significantly, the incidence of diabetes and heart disease has increased, depression has become common, and immune system disorders are "rampant." People obviously need some fat in their diets, but "it's the type of fat that counts." They also discuss

the role of carbohydrates and protein in the diet, and relationship between those nutrients and fat. Gittleman and Nunziato devote several chapters to the healthy fats and how to include them in your diet. They finish with the "Eat Fat, Lose Weight Eating Plan," and include sample menus and suggestions for items to keep stocked in your pantry for when you don't have lots of time for food preparation.

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