

Good Fat

FOREWORD BY DR. BARRY SEARS, AUTHOR OF *THE ZONE*

LOW-CARB

GOOD FAT

WITH 100
RECIPES

"Fran McCullough, with her typical blend of good science and good cooking, has crafted a wonderful book on the use of good fats in the kitchen. *Good Fat* is the only book available that both tells you what good fats are and shows you how to add them to your diet in a way that not only makes your food healthier but tastier as well. Good fat, good food, good for you!"

—Michael R. Eades, M.D., and Mary Dan Eades, M.D., authors of *Protein Power*



FRAN McCULLOUGH

Author of *THE LOW-CARB COOKBOOK*

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著者:Fran McCullough

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Good News The good fats -- butter, chocolate, coconut, olive oil, avocado, fish, and shellfish, among many other favorites -- are not only delicious, they're good for your brain, heart, immune system, hormones, skin, memory, and emotional well-being, and can also help you lose weight. It's a fact: Not all fats are bad. Good fats slow the effects of aging, improve mood and memory, boost the immune system, and protect against stroke and cancer. And the most surprising news of all: The right fats are great tools for weight loss, making you feel full longer and jump-starting your metabolism. In Good Fat, bestselling low-carb guru Fran McCullough debunks all the fat myths, demystifies cutting-edge science, and -- fork in hand -- reveals the simple secrets to eating well and losing weight. Here she teaches you how to: identify the good fats -- and enjoy their good taste avoid trans fats and other bad fats that damage health and pile on the pounds combine low-carb foods with beneficial fats, proteins, and fresh ingredients for maximum energy lose weight by eating more of the foods you crave prepare more than 100 simple, delicious recipes to put the good fat back on your table ...and much more. Part of the groundswell that prompted the Food and Drug Administration to require mandatory listing of trans fats content on food labels by 2006, Good Fat is an inspirational resource for the millions of Americans who have perceived the benefits of a low-carb lifestyle and are looking to live a healthier, happier life.

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