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

For decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more.

Good Calories, Bad Calories (2007) garytaubes

[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.

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

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by Gary Taubes For decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more. Yet despite this advice, we have seen unprecedented epidemics of obesity and diabetes. Taubes argues that the problem lies in refined carbohydrates, like white flour, easily ...

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Good Calories & Bad Calories: What Are You Supposed to Eat ...

Calories are simply measures of energy, but they don't all offer the same level of nutritional benefit. Whether a calorie is considered good or bad depends on what kind of nutritional value it contains.

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