

Eat The Yolks

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worry about cholesterol avoid red meat eat whole grains could it all be a lie we live in an era of health hype and nutrition propaganda and we're suffering for it decades of avoiding egg

yolks choosing margarine over butter and replacing the real foods of our ancestors with low fat processed packaged substitutes have left us with an obesity epidemic ever rising rates of chronic disease and above all total confusion about what to eat and why this is a tragedy of misinformation food industry shenanigans and cheap calories disguised as health food it turns out that everything we ve been told about how to eat is wrong fat and cholesterol are harmful to your health nope they are crucial to your health whole grains are health food not even close counting calories is the way to lose weight not gonna work nutrients are what matter nutrition can come from a box bag or capsule don t count on it in eat the yolks liz wolfe debunks all these myths and more revealing what s behind the lies and bringing the truth about fat cholesterol protein and carbs to light you ll be amazed at the tall tales we ve been told in the name of healthy eating with wit and grace wolfe makes a compelling argument for a diet based on paleo foods she takes us back to the foods of our ancestors combining the lessons of history with those of modern science to uncover why real whole food the kind humans ate for thousands of years before modern nutrition dogma led us astray holds the key to amazing health and happy taste buds in eat the yolks liz wolfe doesn t just make a case for eating the whole egg she uncovers the shocking lies we ve been told about fat cholesterol protein carbs and calories and brings us the truth about which foods are healthy and which foods are really harming us you ll learn truths like fat and cholesterol are crucial not harmful and why whole grains are processed foods and what to eat instead counting calories is a waste of energy and what we actually should be tracking all animal products are not created equal and which ones we truly need nutrition doesn t come in a box bag or capsule and why there s no substitute for real food

for many americans eating is a religion we worship at the temples of celebrity chefs we raise our children to believe that certain foods are good and others are bad we believe that if we eat the right foods we will live longer and if we eat in the right places we will raise our social status yet what we believe to be true about food is in fact quite contradictory part exposé part social commentary the gospel of food is a rallying cry to abandon the fads and fallacies in

favor of calmer more pleasurable eating by interviewing chefs food chemists nutritionists and restaurant critics about the way we eat sociologist barry glassner helps us recognize the myths half truths and guilt trips they promulgate and liberates us for greater joy at the table

offers practical advice on how to reduce specific health risks having high blood pressure having high cholesterol levels being overweight and more

collects more than 150 recipes ranging from appetizers to desserts that emphasize bold flavorful and colorful foods that do not require a lot of time or effort to create

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