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that we have been needlessly avoiding
meat, cheese, whole milk, and eggs for
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The Big Fat Surprise: Why Butter, Meat, and Cheese Belong ...

In health circles, it's kind of old news now that “ saturated fat might not be bad for you ” and that sugar, starches and vegetable oil might instead be a primary contributory factor to heart disease and other chronic health problems. So when I got the book “

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The Big Fat Surprise: Why Butter, Meat and Cheese Belong ...

The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet. Hardcover – 13 May 2014. by Nina Teicholtz (Author) 4.6 out of 5 stars 1,211 ratings. See all formats and editions. Hide other formats and editions. Amazon Price. New from. Used from.

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