



Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating

walter willett M. D.

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Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating walter willett M. D. The bestselling guide to healthy eating, debunking dietary myths and proposing the radical benefits of low-carbohydrate diet, *Eat, Drink, and Be Healthy* is “filled with advice backed up by documented research” (Tara Parker-Pope, *The Wall Street Journal*).

Dr. Walter Willett’s research is rooted in studies that tracked the health of dieters over twenty years, and in this groundbreaking book, he critiques the carbohydrate-laden diet proposed by the USDA.

Exposing the problems of popular diets such as the Zone, South Beach, and Atkins, Dr. Willett offers eye-opening research on the optimum ratio of carbohydrates, fats, and proteins, and the relative importance of various food groups and supplements. Find out how to choose wisely between different types of fats, which fruits and vegetables provide the best health insurance, and the proportions of each to integrate into their daily diet.

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