



# Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health

*Gary Taubes*

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**Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health** 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 digested starches, and sugars, and that the key to good health is the kind of calories we take in, not the number. In this groundbreaking book, award-winning science writer Gary Taubes shows us that almost everything we believe about the nature of a healthy diet is wrong.

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