



Food Myths: Going Beyond the Health Food Fads and Getting Real about Science, Health, and Nutrition

Joey Lott

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Sugar! Saturated Fat! Salt! Oh My!

What if everything you thought you knew about food turned out to be wrong? Sugar, salt, saturated fat...these so-called demons of the food world may not be so sinister after all, and the supposed "proof" that these tasty foods are harmful rests on some very fragile ground. Does sugar really cause cancer? Doesn't saturated fat cause heart disease? If you cut out salt, won't you lower your blood pressure and therefore be healthier? The answers to these common questions are guaranteed to surprise you and have you questioning everything you thought you knew about food.

Milk Really Does Do a Body Good

Does milk cause osteoporosis by leaching minerals from your bones? Is casein bad? Can you really be addicted to cheese? These popular myths about dairy have led many to give up all milk products, but it may be for no good reason at all. As it turns out, the anti-animal protein groups don't have a leg to stand on. The oft-cited China Study has some serious flaws that the vegans and "plant-based" dieters don't want you to know about. Does animal protein really cause cancer? This is just one of the dragons slain in *Food Myths*.

What Would You Eat Without All the Rules?

You've probably been guiding your food choices for years based on things you thought were true. There were "good" foods that you made sure to eat lots of and "bad" foods you avoided at all costs, even when you had intense cravings. So how do you know what to eat without all the rules? *Food Myths* gives you one new rule to replace all the others. You'll be amazed at how simple—and pleasurable—eating can be when you finally learn the truth.

Bust through the myths and find your food freedom! You can eat foods you love and still be healthy doing so, and *Food Myths* will show you how.

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