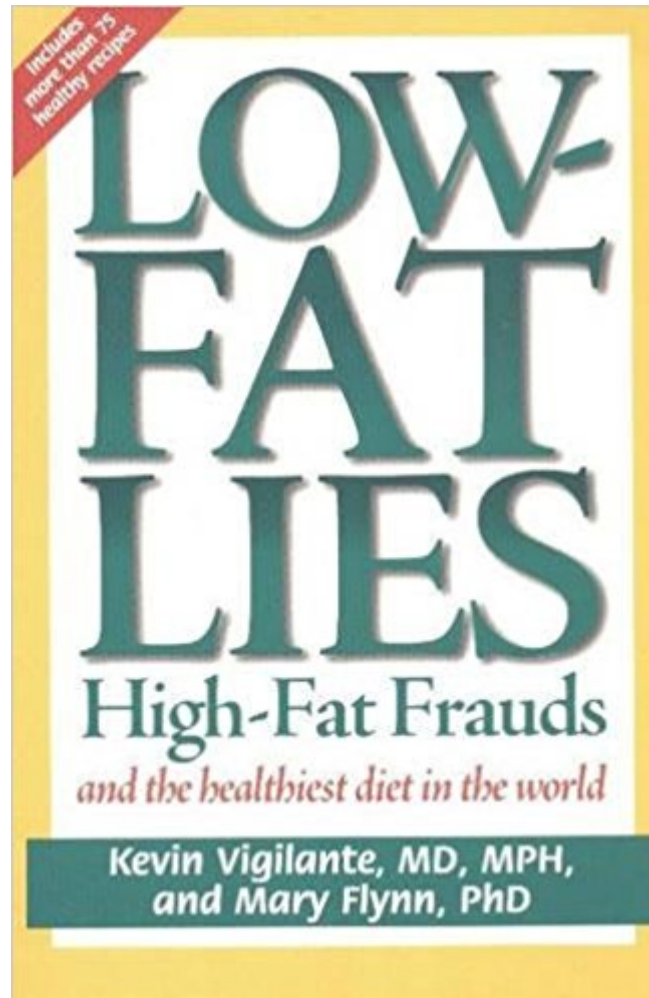




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# Low-Fat Lies



## Synopsis

Most of the time they are boring, tasteless, and leave you feeling hungry -- and they can even be harmful to your health. Those trendy high-fat fad diets like Atkins and Sugar Busters are just as bad. Now, this book gives you the truth about food and fat, and the key to losing weight while staying healthy. Doctors Kevin Vigilante and Mary Flynn expose the dangers of low-fat diets, take on the high-fat fraud, and show how you can adopt the healthiest diet in the world. Say good-bye to fad diets forever. You will learn everything you need to know to take control of your own health and enjoy real food again.

## Book Information

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## Customer Reviews

Fad diets generally fall into two categories: extremely low-fat, or high-fat and low-carbohydrate. A pox on both their houses, say the fiery Dr. Kevin Vigilante, a medical professor and activist, and Dr. Mary Flynn, a nutritionist and researcher. The low-fat diets advocated by Nathan Pritikin and Dr. Dean Ornish are unsatisfying and hard to stick with, and the high-fat Atkins diet is based on fraudulent, speculative science. One banishes half of all possible foods (those with fat), while the other banishes the other half (those with carbohydrates). Both, the authors say, start on the wrong track and then derail. They recommend--no surprise--the Mediterranean diet, which is rich in seafood and fresh fruits and vegetables, and is saturated with olive oil. Unlike other books that recommend this diet, though, *Low-Fat Lies* actually explains the science validating it. The authors explain the antioxidant properties of olive oil, and tell you why you don't want your cells to oxidize in the first place. (Same reason you don't want your car to rust.) But that's not to imply that Low-Fat

Lies is bogged down in science. The concepts are easily understandable for regular folks, which is a very good thing, considering how many of us fall prey to junk science masquerading as a "breakthrough" diet. Moving even farther away from theory, the book includes 40 pages of recipes from top American restaurants, along with a simple and useful chapter explaining how exercise blunts your appetite, and offering ideas about how to get more of it into your day. --Lou Schuler  
--This text refers to an out of print or unavailable edition of this title.

I had a heart attack recently at age 78. A stint was put in. The doctor mentioned the Mediterranean Diet as good for me going forward. I went to the library and this book popped out to my attention of all the diet books. I opened it and ...voila...It was based on the Mediterranean Diet. It was so good a book I bought it. my heart says thanks! John Kilpatrick

I bought this book for a Nutrition course I was taking and found that it was an excellent book! Very educational and easy to understand. I have learned so much about the foods we eat and their affects on heart disease, cholesterol, cancer, etc. It really opens your eyes to the types of diets that exist and why they aren't safe to be on. A MUST-READ even if you aren't taking a nutrition class!

My husband is reading it and feels the information is valid. We are following the guidelines.

I had previously borrowed and read an older (now out of print) book on the Mediterranean diet, so like some other reviewers, this aspect of it was no surprise to me. However, I enjoyed reading the information about fad diets, seeing as how I had thought about trying the no-carbohydrate plans...and only didn't do it because, as a friend of mine said, "you know, I miss getting to eat bread" (and in my case, pasta and certain vegetables). I have since loaned this book to that friend of mine - when she quit her no-carb diet (scheduling overload and family crisis), she regained the 12 lbs. she had lost in 2 weeks on it, and then a few more...so I know she was looking for something easy to do. I don't know that she has used the book, but I know that for me it really indicated primarily these changes in my diet: 1. Simply reduce (don't eliminate) the amount of meat you eat; 2. Increase your servings of fruit and vegetables; 3. Watch the types of oil you use; 4. Watch your portion size; 5. (Most importantly) simply eat in moderation, and don't skimp on anything. The fact that it means I can still eat, without denying myself food, makes this a plan I can use for life - unlike "diet"s, which, to quote my Garfield poster, are "Die with a T". However, I have to admit I have only tried a few of the recipes - I found other cookbooks that provide a better variety of good recipes, so

I cannot say much about the recipes.

If you don't know much about the Mediterranean Diet and are confused about whether you want to try the two most popular fad diets (low-fat or Zone), then you owe it to yourself to read the book. It clearly debunks why low-fat diets are almost impossible to stay on, and shows the shoddy research methods behind the claims of the high-protein/low carbo fanatics -- not to mention the dangers of these diets. My biggest criticism of the book is that the authors spend an inordinate amount of time debunking the bad fad diets -- nearly the entire first half of the book. Maybe this amount of space devoted to trashing these fads is worth reading if you had not heard, or were not previously convinced, about how bad the fad diets are. For me (since I previously had read plenty of articles on the topic), it was preaching to the converted. So, I did not get as much out of the first half of the book as maybe others would. The second half, which does cover the principles of the Mediterranean Diet, is alone worth the cover price. The book summarizes the very solid research to date on the natural and very healthy diets of the Mediterranean peoples. Unlike other books on the topic, the authors tell you how to limit the calories with handy tables. There's also a good list of items to stock in your 'fridge at all times. The one complaint about the second half is wanting more: more detailed data about the benefits of the diet, more discussion of weight loss on the diet and more thought about simple rules of eating Mediterranean without gaining weight. But hey, maybe the writing team is already thinking along these lines for a sequel. I'll certainly buy it. (P.S., if you like this book, think also about getting "The Mediterranean Diet Cookbook," by Nancy Harmon Jenkins -- it also covers the principles of the diet and features scores of great recipes).

This book contains a wealth of scientifically backed up information on the failure of low fat diets in American Society. In fact, it traces how the popularity of low fat diets has coincided with the epidemic of obesity in America! They even have a whole chapter dedicated to debunking Dr. Dean Ornish, whose mantra of low/no fat eating has been propagated in the media. The authors state how his scientific papers, aimed at medical professionals are very well written. However, they point out that his popular books, aimed at the dieting public, mislead and misinform (by ignoring the other aspects of his intensive program (i.e. long hours of exercise, stress reduction programs, etc) and focusing solely on reducing fat in the diet). As many other online reviewers commented, this book makes its point early on. I wish instead of 2/3 information and 1/3 recipes, it could have been 1/3 info and 2/3 recipes. Now I have to go get another book to get more varieties of healthful recipes with olive oil and Mediterranean flair! Rachel Perlow

This book was very informative about why we need to eat certain fats when we've been told that in order to be healthy you should go on a low fat diet.

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