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Título: Why We Get Fat: And What To Do About It

Autor: Taubes, Gary

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Persuasive, straightforward, and practical, Why We Get Fat is an essential guide to nutrition and weight management.

In this exciting new book, Gary Taubes, bestselling author of Good Calories, Bad Calories addresses the urgent question of what's making us fat_and how we can change. He reveals the bad nutritional science of the last century and the good science that has been ignored, answering the most persistent questions along the way: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat, and what foods should we avoid?