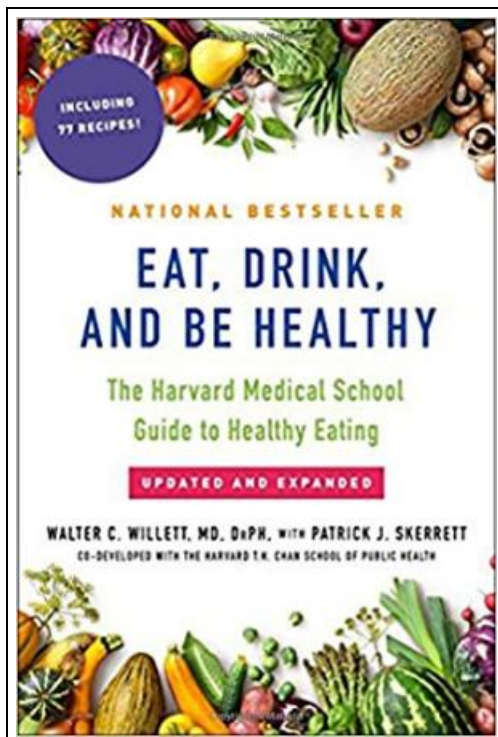


## Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating (Paperback)



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## EAT, DRINK, AND BE HEALTHY: THE HARVARD MEDICAL SCHOOL GUIDE TO HEALTHY EATING (PAPERBACK)



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Free Press, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. In this revised and updated edition of the bestselling *Eat, Drink, and Be Healthy*, Dr. Walter Willett, for twenty-five years chair of the renowned Department of Nutrition at the Harvard T.H. Chan School of Public Health and Professor of Medicine at Harvard Medical School, draws on cutting-edge research to explain what the USDA guidelines have gotten wrong--and how you can eat right. There s an ever-growing body of evidence supporting the relatively simple principles behind healthy eating. Yet the public seems to be more confused than ever about what to eat. The never-ending promotion of celebrity and other fad diets gets in the way of choosing a diet that is healthy for both you and the planet that we all share. So forget popular diets and food trends. Based on information gleaned from the acclaimed Nurses Health Study and Health Professionals Study, which have tracked the health and eating habits of thousands of women and men for more than thirty years, as well as other groundbreaking nutrition research, this revised and updated edition of *Eat, Drink, and Be Healthy* provides solid recommendations for eating healthfully and living better and longer. Dr. Willett offers eye-opening new research on choosing foods with the best types of carbohydrates, fats, and proteins, and the relative importance of various food groups and supplements. He clearly explains why controlling weight, after not smoking, is the single most important factor for a long, healthy life; why eating some types of fat is beneficial, and even necessary, for good health; how to choose wisely between different types carbohydrates; how to pick the right protein packages ; and what fruits and vegetables--not juices!--fight disease. Dr. Willett also translates this essential information into simple, easy-to-follow menu plans...



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