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The Good Fat Cookbook

Fran McCullough

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Good news. The good fats -- butter, chocolate, eggs, coconut, olive oil, avocado, fish and shellfish, among many other favorites -- are not only delicious, they're good for your brain, heart, immune system, hormones, skin, memory, and emotional well-being.

Whatever you think you know about fat, forget it. After two decades of the low-fat diet trend, Americans are fatter -- and less healthy -- than ever before. For many, those torturous no-fat, low-fat diets are outright health hazards, contributing to everything from premature wrinkling and depression to hormone dysfunction and even cancer.

In *The Good Fat Cookbook*, best-selling author Fran McCullough delivers the delicious news. Here is powerful evidence that not only have we been sold a bill of low-fat goods, but the foods we love to eat -- real butter, chocolate, coconut, whole milk and cream, nuts, avocados, cold-water fish, red meat, olive oil, bacon and eggs -- are actually *good* for us.

Not only does fat not make you fat, the good fats slow the effects of aging, improve mood and memory, boost the immune system, and protect against catastrophic disease such as stroke and cancer. And the most surprising news of all: the right fats are great tools for weight loss -- they make you fuller faster and for longer *and* jump-start your metabolism.

McCullough debunks fat myths and demystifies cutting-edge science, while exploring all aspects of the fat phenomenon, fork in hand. More than a hundred simple recipes -- Salmon Chowder, Tuna with Rice, Deep-Fried Coconut Shrimp, Parsley Salad with Avocado, Chicken with Olives and Oranges, Grilled Cheese with Oregano, Crisp Coconut Waffles, Avocado Cheesecake, and Wall-to-Wall Walnut Brownies -- put the good fats back on your table, and McCullough offers spirited advice on everything from the best cooking oils and tastiest canned tuna to nutritional supplements and testing for your fatty-acid profile. Her hundreds of thousands of low-carb fans will be overjoyed to see that most of the recipes here are perfect for them as well.

Fran McCullough is the author of the best-selling The Low-Carb Cookbook and Living Low-Carb. She won a James Beard Award for Great Food Without Fuss and, since 1999, has been the editor of the annual Best American Recipes anthology series. A graduate of Stanford University, McCullough began her career as an editor, discovering Sylvia Plath, Pulitzer Prize winner N. Scott Momaday, and National Book Award winner Robert Bly as well as Richard Ford. She also edited and published a distinguished list of cookbook authors, including Diana Kennedy, Paula Wolfert, and Deborah Madison.

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Lily Spivey:

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Mary Jones:

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Sharon Edwards:

People live in this new moment of lifestyle always make an effort to and must have the time or they will get large amount of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not a robot. Then we question again, what kind of activity have you got when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is usually The Good Fat Cookbook.

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