

[PDF] The Queen Of Fats: Why Omega-3s Were Removed From The Western Diet And What We Can Do To Replace Them (California Studies In Food And Culture)

Susan Allport - pdf download free book



Books Details:

Title: The Queen of Fats: Why Omega-
Author: Susan Allport
Released: 2008-01-30
Language:
Pages: 232
ISBN: 0520253809
ISBN13: 978-0520253803
ASIN: 0520253809

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

Review "A decidedly proactive voice for healthy balance and moderation in fat consumption."
(*Gastronomica: Journal Of Food & Culture* 2007-12-01)

From the Inside Flap "A wonderful explanation of the wide world of fats that is a must-read for discerning (and healthy) eaters." □ Mehmet C. Oz, author of *You: An Owner's Manual*

"Susan Allport's account of the discovery of omega-3 fatty acids combines colorful science, intriguing personalities, and a well-digested biochemistry into a convincing recipe for a healthier diet. *The Queen of Fats* is a fascinating new detective story □ with a solution that matters!" □ Richard Wrangham, author of *Demonic Males: Apes and the Origins of Human Violence*

"*The Queens of Fats* is a fascinating nutritional detective story delivering a big surprise: how one of the most important changes to the diet wrought by industrialization of food went unnoticed. But if Allport is right, the disappearance of omega-3s from the Western diet is the key to understanding why that diet is making us so sick." □ Michael Pollan, author of *The Omnivore's Dilemma: A Natural History of Four Meals*

"Allport provides a fascinating 'whodunit' about the discovery of how fats work, what wonders omega-3s could perform in thwarting chronic disease, and a timely warning to the world about the imbalance of essential fats in the food supply. I reveled in the twists and turns of nutrition history as it unfolds and uncovers the ways food processing carries hefty health risks, as well as benefits." □ Sharron Dalton, author of *Our Overweight Children: What Parents, Schools, and Communities Can Do to Control the Fatness Epidemic*

-
- Title: *The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do to Replace Them* (California Studies in Food and Culture)
 - Author: Susan Allport
 - Released: 2008-01-30
 - Language:
 - Pages: 232
 - ISBN: 0520253809
 - ISBN13: 978-0520253803
 - ASIN: 0520253809

