



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

By Walter Willett

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...



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