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The Nutrition Superbook: The Good Fats and Oils

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Low-fat," "reduced fat," or "fat-free" processed foods are not necessarily "healthy," nor is it automatically healthier to follow a low-fat diet. One problem with a generic lower-fat diet is that it prompts most people to stop eating fats that are good for the heart along with those that are bad for it. And low-fat diets are often higher in refined carbohydrates and starches from foods like white rice, white bread, potatoes, and sugary drinks. Similarly, when food manufacturers take out fat, they often replace it with carbohydrates from sugar, refined grains, or starch

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Patricia Miller:

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