



# Why We Get Fat: And What to Do About It

*Gary Taubes*

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## **Why We Get Fat: And What to Do About It** Gary Taubes

Building upon his critical work in *Good Calories, Bad Calories* and presenting fresh evidence for his claim, Gary Taubes revisits the urgent question of what's making us fat—and how we can change.

He reveals the bad nutritional science of the last century—none more damaging or misguided than the “calories-in, calories-out” model of why we get fat—and the good science that has been ignored. He also answers the most persistent questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat, and what foods should we avoid? Persuasive, straightforward, and practical, *Why We Get Fat* is an essential guide to nutrition and weight management.

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