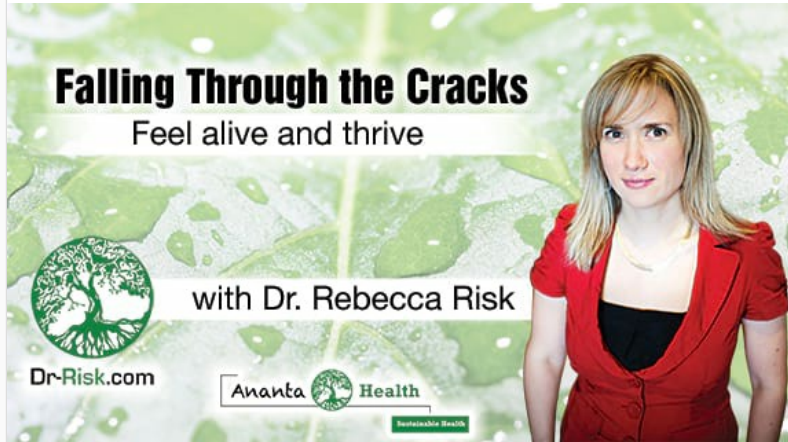


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Monday at 9 AM Pacific
December 04th 2017: The Big Fat Surprise with Nina Teicholz

In the 1970's the low fat diet became national policy, backed by the American Heart association and nutritionists. With growing evidence, we are now realizing the damage that has been done by avoid fats for decades. In her book "The Big Fat Surprise", Nina Teicholz goes over the history of fat, low fat and the studies behind it all. Join us for this riveting episode.

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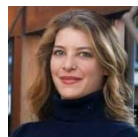
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Featured Guest



Nina Teicholz

Nina Teicholz is a science journalist, author, and Executive Director of The Nutrition Coalition, a non-profit group that promotes evidence-based nutrition policy. As a well-known, published expert on nutrition policy, she has presented testimony to both the Canadian Senate and the U.S. Department of Agriculture, and she lectures internationally on a variety of topics. Ms. Teicholz has been widely recognized for changing the conversation on dietary fat and particularly saturated fat. She attended Yale and Stanford where she studied biology and majored in American Studies. She earned a master's degree from Oxford University and served as associate director of the Center for Globalization an

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