



## Healthy Oils: Fact versus Fiction

*Myrna Chandler Goldstein, Mark A. Goldstein M.D.*

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# Healthy Oils: Fact versus Fiction

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**Healthy Oils: Fact versus Fiction** Myrna Chandler Goldstein, Mark A. Goldstein M.D.

Used in moderation, many oils can be beneficial to one's diet and lifestyle. This book presents accurate information on more than two dozen oils, examining the health claims associated with popular oils along with the clinical research findings.

- Presents an easy-to-read, broad introduction to the entire field of healthy edible oils
- Provides up-to-date information derived from the latest research that will empower readers to make wise choices about including moderate amounts of oils in their diet
- Includes endnotes, online and print references and resources, and a glossary of key terms

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