
¿Verdad? ¿Mentira? La respuesta a los mitos más frecuentes de la alimentación

True? False? The answers to the most common myths about nutrition

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True or false? Fast food is poison. Microwaves turn food bad. 'Lite' products don't make you fat. You shouldn't eat between meals. Mineral water is healthier than tap water. Clear soup is good as a restorative. Melon, grapes and bananas are very fattening. Tomatoes today are worse than those in the past.

As interest in diet increases, there is more discussion, criticism, interviews, research, experimentation and public airing of the subject, in all the many types of media. In general these ideas are positive, and improve people's nutrition, but sometimes they can have a negative effect, reaching beyond their specific time and space and becoming MYTHS. This book analyzes the most well known of these, as a good example for readers and something to help them build their own nutritional criteria.

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