

"Dr. Hyman's powerful insights on the dynamics of dietary fat will change the way you think about everyday eating, and show you how easy it is to enjoy a healthier, more satisfying diet." —TOBY COSGROVE, MD, CEO OF CLEVELAND CLINIC

EAT FAT, GET THIN

**Why the Fat We Eat Is the Key
to Sustained Weight Loss
and Vibrant Health**

"Finally we can all kick that low-fat muffin to the curb. And get our slim, healthy bodies back!"

—CHRISTIANE NORTHRUP, MD



**Mark
Hyman, MD**

**#1 BESTSELLING AUTHOR OF
*The Blood Sugar Solution***

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For the one in two Americans with chronic disease, for those who struggle to answer the question, “What should I eat?” this is for you.

For the great enemy of truth is very often not the lie—deliberate, contrived, and dishonest—but the myth—persistent, persuasive, and unrealistic. Too often we hold fast to the clichés of our forebears. We subject all facts to a prefabricated set of interpretations. We enjoy the comfort of opinion without the discomfort of thought.

—John F. Kennedy

Introduction

What is the single best thing you can do for your health, weight, and longevity?

Eat more fat!

That's right. Eat more fat to lose weight; feel good; prevent heart disease, diabetes, dementia, and cancer; and live longer.

How could that be true? Haven't we been told by every health and nutrition professional, leading medical associations, and our government to eat less fat because fat makes us fat and causes heart disease? We have faithfully followed this advice in America over the last 50 years and yet are fatter and sicker than ever.

It is true that the fat on our bodies is making us sick and causing us to die too soon. But the seemingly logical leap that the fat we eat creates the fat on our bodies and clogs our arteries is wrong.

It's an understandable mistake. The idea that if you eat fat, it turns to fat on your body makes sense. Fat equals fat, right? Same word. It looks and feels the same. Nutritionists have warned us that fat has twice as many calories (9 calories per gram) as carbs and protein (4 calories per gram), so if you eat less of it, you will lose weight and feel better. That seems like common sense. Except for one thing.

This whole idea, which we have bought wholesale, is scientifically untrue. In fact, the science shows the exact opposite. When you look closely at the data, it supports the idea that if you *eat fat, you get thin* (and reverse heart disease and type 2 diabetes, while preventing dementia, cancer, and other disease processes). The reality is that the more fat you eat, the more fat you lose and the better your body functions. Since 1980, the US Dietary Guidelines have warned us against the dangers of eating fat and implored us

to eat less fat. But in a shocking reversal of this long-held dogma, the 2015 US Dietary Guidelines Advisory Committee exonerated cholesterol and removed any recommendation to limit dietary cholesterol or total dietary fat, except saturated fat (egg yolks are back on the menu!).¹

If you are confused, it is not hard to understand why. I was confused myself, and I recommended low-fat diets to my patients for years. For decades, the advice from pretty much every doctor, nutritionist, professional society, and government agency had been to eat less fat to lose weight and prevent disease. Not only is this advice not working—it's actually doing us harm. It turns out that eating less fat results in *more* obesity and disease.

We have reduced fat in our diet from 43 percent to 33 percent of calories since 1970 and cut back even more on saturated fat. Yet we are sicker than ever, with the percentage of people getting heart disease increasing (although fewer people die from heart disease because we have better treatment). Type 2 diabetes and obesity rates around the globe are skyrocketing. In 1960, 1 out of 100 people in America had type 2 diabetes; today that ratio has changed to 1 out of 10 people, a tenfold increase. Since the 1980s, rates of type 2 diabetes have gone up *700 percent*. In 1960 only 1 in 7 Americans was obese; now it is 1 in 3, and it is projected that 1 out of every 2 Americans will be obese by the year 2050. In 1980, there were almost no cases of type 2 diabetes in children. By the year 2000, nearly 1 in 10 kids was pre-diabetic or had full-blown type 2 diabetes. By 2008, nearly 1 out of every 4 teenagers was pre-diabetic or had type 2 diabetes.² Where will it end?

Sadly, this isn't just a first world problem. Eighty percent of all type 2 diabetics are in the developing world. The single biggest health problem we face globally is the metabolic disaster that has led to a global epidemic of obesity, type 2 diabetes, and heart disease. More than twice as many people around the world go to bed overweight (about 2.5 billion) as go to bed hungry. And this affects more than just our health. It affects our global economic survival. Chronic preventable diseases will cost \$47 trillion over the next 20 years.³ That's more than the annual gross domestic products of the world's six largest economies combined. In America, the unfunded debt of Medicare and Medicaid dwarfs all other federal expenses; if health care costs continue to rise, they will consume 100 percent of our tax revenue by

2040, leaving no money for the military, education, justice, or anything else.

This is all deeply concerning, and we must collectively address the human, social, and economic issues caused by our diet and the diseases that result from what we eat. But first and foremost, let's start with you and your own health and weight. What most people want to know is very simple:

What do I need to do to stay healthy, lose weight, and reverse chronic disease?

That's exactly what this book will address—and it all starts with challenging what you believe to be true about fat. This book dispassionately reviews the evidence and uproots the conventional wisdom about fat—both the fat on our bodies and the fat we eat.

ABOUT THE PROGRAM

Eat Fat, Get Thin is divided into four parts. In Part I, I'll walk you through the fascinating (and at times unbelievable) story of how we in America got ourselves into this big, fat mess. You'll learn the truth about how dietary fat came to be unfairly and incorrectly demonized, and how and why it's finally being vindicated.

Part II is where I'll help you understand the often-confusing world of fats. What is a monounsaturated fat? Why are trans fats so bad? Doesn't saturated fat cause heart disease, as we've always been told? (And if not, what really does?) What's the story with cholesterol? Is it really the cause of heart disease? I'll help clear up some of our most common fallacies about vegetable oils, red meat, eggs, butter, nuts and seeds, and more. I'll also break down for you the specific reasons why eating fat is good for you. Most of all, I'll unpack the biggest myth of all when it comes to fat: that eating fat makes you fat.

Part III details the twenty-one-day *Eat Fat, Get Thin* Plan. This plan is a total reset for your body on every level. Food is the most powerful medicine there is, and by changing the way you fuel your body for twenty-one days, you're going to shut down your fat-storage hormone, reprogram your genes for weight loss and health, stop cravings in their tracks, and look and feel better than ever. You will shed unwanted pounds, alleviate or even eradicate health complaints, and reverse disease. Your skin will glow, your brain will feel sharp and clear, and you'll be filled with energy. You'll feel satisfied, happy, and—most of all—finally freed from your fear of fat!

WHAT YOU CAN EXPECT

Before I launch any program, I test it—not just on my patients, which I have done for decades (on more than 20,000 patients), but on people all over the country. I create a “beta program” for people to follow at home so that I can track the results and fine-tune the plan. We had more than 1,000 people do the *Eat Fat, Get Thin* beta program, and the results and stories were amazing. Throughout the book, you will get to read the testimonials of participants, not just about their weight loss but also about their radical health changes.

Here are the average results from the first group to go through the program:

- Weight loss: 7.1 pounds (some lost up to 46 pounds)
- Waist reduction: 1.9 inches (some lost up to 13 inches)
- Hip reduction: 1.7 inches (some lost up to 16 inches)
- Blood pressure reduction: systolic (top number) 9 points, diastolic (bottom number) 4.5 points
- Blood sugar reduction: 23 points

Before the program, 49 percent of participants reported they frequently had cravings; after the program that number dropped to only 1 percent! Before the program, a combined 89 percent reported they “frequently or sometimes” had cravings. After the program, 80 percent said they experienced cravings “rarely or never.”

The program also simplified and clarified what people should eat so they didn’t have to worry so much about their food choices. Before the program, 66 percent worried about meal planning because it was hard to make healthy choices. After the program, 75 percent rarely or never worried about their meal choices.

I also had people fill out the FLC Quiz (otherwise known as the Feel Like Crap Quiz, which measures the improvement of every aspect of their health and weight; you’ll take this quiz yourself in [Chapter 1](#)). The results