



Nourish and Revive

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Eat

Butter, it's Good for You!

photo by: David Masters
Article by: **Michael Lester**
Time Magazine

“When you want to lose weight or get healthy, what the first thing you would normally cut from your diet? If you said fat, you’re not alone.



For years, the advice from the USDA has been to reduce the level of saturated fat in your diet, in order to lower your overall cholesterol. However, a new meta-analysis [published](#) in the Annals of Internal Medicine has thrown that whole approach into question.

The removal of fats from our diet has led to an increase in consumption of carbohydrates and processed low-fat alternatives, which has contributed to record levels of diabetes and obesity.

When you consider that most low-fat or non-fat products are laden with salts, sugars and preservatives, continuing to seek out fat-free alternatives could be doing you more harm than good.”

Watch this quick video to find out why eating fat is good for you.

<http://time.com/2861540/fat-and-carbs-diet-guidelines/>