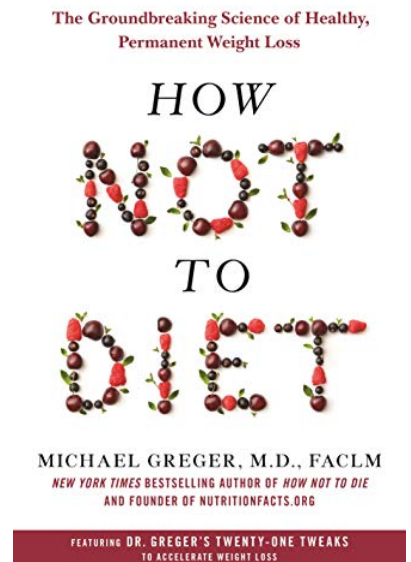


# How Not to Diet Book Summary (PDF) by Michael Greger, M.D.

Ready to learn the most important takeaways from How Not to Diet in less than two minutes? Keep reading!



## Why This Book Matters:

How not to Diet is a complete guidebook to learning which foods to utilize to live a safe and healthy life.

## The Big Takeaways:

1. **One must know how to take control of their calorie intake.**
  1. If Eating the right number of calories can help keep people from becoming overweight.
2. **The food items available in the market are not manufactured with limited calories.**
  1. One can easily face obesity as he starts consuming modern food products because these products are not being made to control calories levels.
3. **In such desperate conditions, fibrous food comes to the rescue of the human body.**
  1. Fiber intake is a must for our bodies, as it

benefits us in countless ways, including overcoming obesity.

**4. A low-fat diet helps in controlling our weight.**

1. One must limit their fat intake because it contributes to weight gain.

**5. Losing weight demands extreme measures like curtailing sugar intake.**

1. To lose weight, getting rid of sugar is one of the most important factors.

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