



# Sod it! Eat Well: Healthy Eating in Your 60s, 70s and Beyond

*Anita Bean, Muir Gray*

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Knowing what we should or shouldn't be eating these days can feel like a bit of a minefield.

Are eggs good for me? How many of them a week am I allowed? Is butter good, or should I be buying a vegetable oil spread loaded with special ingredients to lower my cholesterol? Is sugar really that bad for you? What are good fats and bad fats?

Find the answers to all these questions, along with lots of recipe ideas, in this new book by bestselling nutritionist Anita Bean and bestselling author and public health consultant Sir Muir Gray.

*Sod It! Eat Well* will arm you with the knowledge to make the 'right' food choices - and that needn't be dull! Based on the principles of the Mediterranean diet and backed up by the latest scientific research, this is no dieting plan - there are no fasting days, this is not a prescriptive day by day menu - it's all about giving you the information you need to make subtle changes to your eating habits, to get some inspiration and to encourage you to make informed healthy food decisions and reap the rewards. Accompanied by over 40 quick, healthy and easy to make recipes, this is a fun, practical guide to eating right.

Lose weight, guard against common health complaints and feel better, stronger and healthier. Designed to accompany *Sod Seventy!* and *Sod Sixty!* this is a fun, accessible, tasty guide to eating well and feeling better.

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