

Food Fight?

It takes only a bit of common sense to see that the low-fat, high-carbohydrate diet isn't working ("Is This Any Way to Lose Weight?"). I had a baby eight months ago, and I currently weigh less than I did before I got pregnant. I was able to lose the weight by consuming a diet full of naturally occurring fats (such as whole milk, avocados, and butter) and eliminating processed foods. I also have great energy, my sugar cravings have decreased, and I no longer feel weak before meals.

Jill Winger, Cheyenne, Wyoming

It's not just food. Rest, movement, diet, and genetics all play a part in determining our physical health. I'm not a big sugar fan and agree that highly processed foods are empty calories. However, it's the lack of movement and sleep, along with large portions, that cause the weight gain in most people.

John Platero, Newbury Park, California

Who's to Blame, Really?

Gene Cranick "forgets" to pay his fire dues, and the fire department is vilified for not providing a service it wasn't paid to perform ("The 2010

IS THIS ANY WAY TO LOSE WEIGHT?

Actually, yes. Award-winning science journalist **Gary Taubes** explains (finally!) why conventional diets don't work—and what you can do to lose weight.

INTERVIEW BY LISA DAVIS

Federal researchers are so smart, why are we so large? That's the question at the heart of Gary Taubes's new book, *Why We Get Fat—and What to Do About It*. After all, public health authorities have been hammering home a very simple message for the past 40 years: If you don't want to be fat, eat the fat from your diet. And in those years, obesity rates have gone from 15 percent to 22 percent to, in the last national survey, 32 percent.



I disagree with Taubes's claim that avoiding hunger is key to weight loss. America's inability to ignore even the slightest pang has led to our obesity epidemic. People say, "I'm starving!" when they're just a bit empty. Instead of eating fast food, they should wait until they're home to cook healthy food.

Gary Scott Beatty, Muskegon, Michigan

Blame & Shame Awards"). If Mr. Cranick forgets to pay his subscription to *Reader's Digest*, do you keep sending the magazine? His offer to pay for the service while the house is on fire is akin to paying for car insurance after a wreck. Irresponsibility has consequences.

Butch Hoyt, Gainesville, Missouri

The people in that poor family lost their home, and their four animals burned to death—all for a measly \$75 fee? Everyone involved in letting