

Weight Loss Methods - Poll of EpicureanFriends Results

Post by "Todd" of January 19, 2023 at 5:19 PM

[Quote from Cassius](#)

I know things are much more complicated than that, but what is your viewpoint as to that line of argument, and that it is almost as important "what you eat" as it is "how much you eat?"

I've not read Taubes specifically, but I've heard other people make this argument. So assuming they all mean the same thing...

I would say I agree, but I think you are somewhat mischaracterizing their argument.

You have to look at what they're saying in the context of arguing against the conventional advice to simply "eat less and/or exercise more".

I don't think they are saying that is factually wrong; they're saying it is not actually very helpful advice.