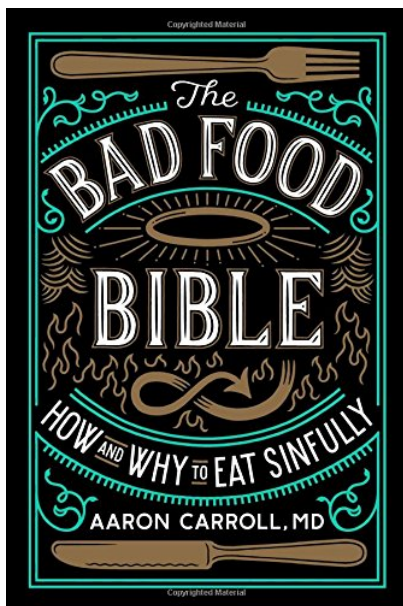


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by Aaron Carroll : **The Bad Food Bible: How and Why to Eat Sinfully**

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Upshot contributor Aaron Carroll mines the latest evidence to show that many “bad” ingredients actually aren’t unhealthy, and in some cases are essential to our well-being. Advice about food can be confusing. There’s usually only one thing experts can agree on: some ingredients—often the most enjoyable ones—are bad for you, full stop. But as Aaro... *The Bad Food Bible: How and Why to Eat Sinfully*

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