



# Trick and Treat: how 'healthy eating' is making us ill

*Barry Groves, Howel Buckland Jones*

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Trick and Treat asks the key questions: has 'healthy eating' coincided with a reduction in health problems and health spending? Who benefits from the effects of 'healthy eating'? What is the evidence to support the principles of 'healthy eating'? If 'healthy eating' isn't healthy, what is? Barry Groves brings together over a century of relevant findings, including classic papers and the latest research, to examine each of these issues in depth. He concludes that there is a simple, evidence-based alternative approach that will allow us to take charge of our own health.

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