

## Michael Hobbes

@RottenInDenmark

Reminder that nearly all diet studies linking a single food to a single health outcome are essentially worthless. Researchers get a huge dataset, then phack their way through it looking for correlations. The effect sizes are tiny, noisy, and often non-replicable.



## CNN • @CNN

Three or more eggs a day increase your risk of heart disease and early death, study says cnn.it/2TQxRzt

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↑**〕** 4.8K

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