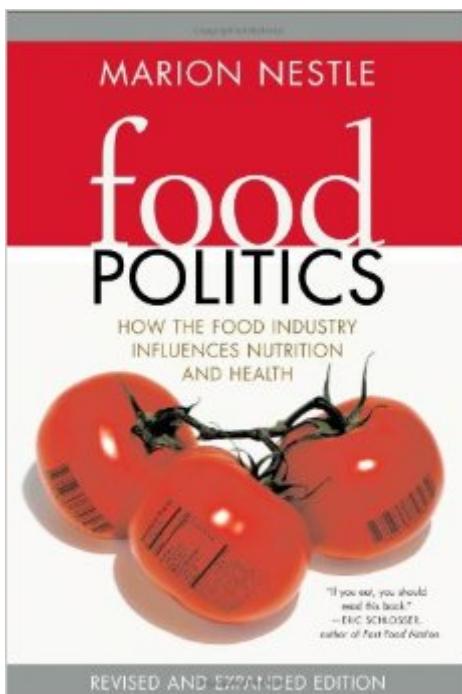


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Food Politics: How The Food Industry Influences Nutrition, And Health, Revised And Expanded Edition (California Studies In Food And Culture)



Synopsis

An accessible and balanced account, *Food Politics* laid the groundwork for today's food revolution and changed the way we respond to food industry marketing practices. Now, a new introduction and concluding chapter bring us up to date on the key events in that movement. This pathbreaking, prize-winning book helps us understand more clearly than ever before what we eat and why.

Book Information

Paperback: 510 pages

Publisher: University of California Press; 2 Revised edition (October 15, 2007)

Language: English

ISBN-10: 0520254031

ISBN-13: 978-0520254039

Product Dimensions: 8.9 x 6.1 x 1.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (37 customer reviews)

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Customer Reviews

First, I have to commend Nestle, the author, for doing the near-impossible feat of providing highly controversial facts and information in a clear manner, which is so damning that you cannot help but feel yourself transform your thoughts about food - and she does it without lecturing the reader.

Bravo! Some passages that particularly sat with me included, "Surveys indicate that people are interested in nutritional and health but are confused by conflicting information, suffer from "nutritional schizophrenia," and cannot figure out how to achieve "nutritional utopia." (p.91) [Indeed... and there's a billion-dollar industry counting on that!] "The hundreds of millions of dollars available to the meat and dairy lobbies through check-off programs, and the billions of dollars that food companies spend on advertising and lawsuits, so far exceed both the amounts spent by the federal government on nutrition advice for the public and the annual budget of any consumer advocacy group that they cannot be considered in the same stratosphere." (p.171) "Researches counted not a single commercial for fruits, vegetables, bread, or fish." (p.182) "It seems reasonable to expect that everyone would be concerned about whether supplements are safe, whether they do what they

claim to do, and whether the benefit of taking them outweighs any financial or health risks they might induce." (p.220) "Because all foods and drinks include ingredients (calories, nutrients, or water) that are essential for life, any one of them has the potential to be marketed for its health benefits." (p.315) "Food package labels are the result of politics, not science, and [have] become so opaque or confusing that only consumers with the hermeneutic abilities of a Talmudic scholar can peel back the encoded layers of meaning.

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