

Quotwhat To Eatquot By Marion Nestle Repost

Unsavory TruthSoda PoliticsFood PoliticsFood PoliticsHalting the Obesity Epidemic: A Public Health Policy Approach

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a james beard award winner and the author of what to eat and soda politics leading nutritionist marion nestle exposes how the food industry corrupts scientific research for profit is chocolate heart healthy does yogurt prevent type 2 diabetes do pomegranates help cheat death news accounts bombard us with such amazing claims report them as science and influence what we eat yet as marion nestle explains these studies are more about marketing than science they are often paid for by companies that sell those foods whether it s a coca cola backed study hailing light exercise as a calorie neutralizer or blueberry sponsored investigators proclaiming that this fruit prevents erectile dysfunction every corner of the food industry knows how to turn conflicted research into big profit as nestle argues it s time to put public health first written with unmatched rigor and insight unsavory truth reveals how the food industry manipulates nutrition science and suggests what we can do about it

how did products containing absurdly inexpensive ingredients become multibillion dollar industries and international brand icons while also having a devastating impact on public health in soda politics dr marion nestle a renowned food and nutrition policy expert and public health advocate answers this question by detailing all of the ways that the soft drink industry works overtime to make drinking soda as common and accepted as drinking water for adults and children

we all witness in advertising and on supermarket shelves the fierce competition for our food dollars in this engrossing

exposé marion nestle goes behind the scenes to reveal how the competition really works and how it affects our health the abundance of food in the united states enough calories to meet the needs of every man woman and child twice over has a downside our over efficient food industry must do everything possible to persuade people to eat more more food more often and in larger portions no matter what it does to waistlines or well being like manufacturing cigarettes or building weapons making food is big business food companies in 2000 generated nearly 900 billion in sales they have stakeholders to please shareholders to satisfy and government regulations to deal with it is nevertheless shocking to learn precisely how food companies lobby officials co opt experts and expand sales by marketing to children members of minority groups and people in developing countries we learn that the food industry plays politics as well as or better than other industries not least because so much of its activity takes place outside the public view editor of the 1988 surgeon general s report on nutrition and health nestle is uniquely qualified to lead us through the maze of food industry interests and influences she vividly illustrates food politics in action watered down government dietary advice schools pushing soft drinks diet supplements promoted as if they were first amendment rights when it comes to the mass production and consumption of food strategic decisions are driven by economics not science not common sense and certainly not health no wonder most of us are thoroughly confused about what to eat to stay healthy an accessible and balanced account food politics will forever change the way we respond to food industry marketing practices by explaining how much the food industry influences government nutrition policies and how cleverly it links its interests to those of nutrition experts this path breaking book helps us understand more clearly than ever before what we eat and why

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