

## Fear of Food: A History of Why We Worry about What We Eat



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### **Reviews**

*This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who statte that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.*  
*(Ivy Pollich)*

## FEAR OF FOOD: A HISTORY OF WHY WE WORRY ABOUT WHAT WE EAT



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University Of Chicago Press. Paperback. Book Condition: New. Paperback. 228 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. There may be no greater source of anxiety for Americans today than the question of what to eat and drink. Are eggs the perfect protein, or are they cholesterol bombs and 160;Is red wine good for my heart or bad for my liver Will pesticides, additives, and processed foods kill me and 160;Here with some very rare and very welcome advice is food historian Harvey Levenstein: Stop worrying! In Fear of Food Levenstein reveals the people and interests who have created and exploited these worries, causing an extraordinary number of Americans to allow fear to trump pleasure in dictating their food choices. He tells of the prominent scientists who first warned about deadly germs and poisons in foods, and their successors who charged that processing foods robs them of life-giving vitamins and minerals. These include Nobel Prize and ndash;winner Eli Metchnikoff, who advised that yogurt would enable people to live to be 140 by killing the life-threatening germs in their intestines, and Elmer McCollum, the and ldquo;discoverer and rdquo; of vitamins, who tailored his warnings about vitamin deficiencies to suit the food producers who funded him. Levenstein also highlights how large food companies have taken advantage of these concerns by marketing their products to combat the fear of the moment. Such examples include the co-opting of the and ldquo;natural foods and rdquo; movement, which grew out of the belief that inhabitants of a remote Himalayan Shangri-la enjoyed remarkable health and longevity by avoiding the very kinds of processed food these corporations produced, and the physiologist Ancel Keys, originator of the Mediterranean Diet, who provided the basis for a powerful coalition of scientists, doctors, food producers, and others to convince Americans that high-fat foods were deadly....



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