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Essays provides varying

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viewpoints on the subject of
food and nutrition.

Food safety is a matter of intense public concern, and for good reason. Millions of annual cases of food "poisonings" raise alarm not only about the food served in restaurants and fast-food outlets but also about foods bought in supermarkets. The introduction of genetically modified foods—immediately dubbed "Frankenfoods"—only adds to the general sense of unease. Finally, the events of September 11, 2001, heightened fears by exposing the vulnerability of food and water supplies to attacks by bioterrorists.

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How concerned should we be about such problems? Who is responsible for preventing them? Who benefits from ignoring them? Who decides? Marion Nestle, author of the critically acclaimed *Food Politics*, argues that ensuring safe food involves more than washing hands or cooking food to higher temperatures. It involves politics. When it comes to food safety, billions of dollars are at stake, and industry, government, and consumers collide over issues of values, economics, and political power—and not always in the public interest. Although the debates may appear to be

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about science, Nestle maintains that they really are about control: Who decides when a food is safe? She demonstrates how powerful food industries oppose safety regulations, deny accountability, and blame consumers when something goes wrong, and how century-old laws for ensuring food safety no longer protect our food supply. Accessible, informed, and even-handed, Safe Food is for anyone who cares how food is produced and wants to know more about the real issues underlying today's headlines.

From FIFA World Cup

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Champion, Olympic gold medalist, and bestselling author Alex Morgan comes the ninth book in an empowering and fun-filled middle grade series that inspired the Amazon original series, *The Kicks!* After an easy win against the Roses, Devin is reminded of how the Kicks were playing when she first joined and how far they have come since then. Devin runs into Sasha, a summer league teammate of hers, who confides that the Roses' coach doesn't seem to care that they're losing and asks Devin for help. She invites the Roses to a weekend soccer clinic that the Kicks are going to. But when the

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Everything graders find out that Devin is helping another team in their league, they are not pleased and accuse Devin of helping the competition—especially when the Roses begin to win. Meanwhile, Zoe and Emma haven't been seeing eye-to-eye, and their friendship seems to be in trouble, putting Devin and Jessi in the middle of their fights. When they begin to disrupt the Kicks' practices, Devin knows she has to do something. Can Devin prove to her team and her friends that she's not playing favorites or choosing sides?

Despite the abundance of

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advice on food and diet, more Americans are obese than ever before, diabetes rates are skyrocketing, and more foods are recalled due to contamination. It is high-time for non-biased answers to the question of what is healthy and safe to eat. Nutrition provides those answers. The book explains basic guidelines for healthy eating, along with the government's role in nutrition. It examines the issues of food safety and technology and the debates about genetically modified foods, organic foods, and vegetarian dining. Food bans, such as those on trans fats are discussed, as

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are vitamins and supplements. After tracing the history of the study of nutrition and identifying principal researchers, the book examines seven major controversies in nutrition today. This basic guide to healthy eating will give both students and adults the tools they need to choose a diet that is healthy and safe.

Unique and straightforward, this reference introduces many of the current issues that relate to the environment, nutrition, food, well-being, and health in contemporary society. Highlighting the role that

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Health has played in creating substantial waste and unhealthy behaviors, this thorough record offers simple guidelines—and recipes—that support a healthier lifestyle. Including information on the sugar, fat, and fiber levels in foods as well as on the energy expenditure of various activities, this account will interest students taking courses in nutrition and human health as well as those attempting to improve their dietary habits.

For over half a century, food policy has mapped a path for progress based upon

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a belief that the right mix of investment, scientific input, and human skills could unleash a surge in productive capacity which would resolve humanity's food-related health and welfare problems. It assumed that more food would yield greater health and happiness by driving down prices, increasing availability, and feeding more mouths. In the 21st century, this policy mix is quietly becoming unstuck. In a world marred by obesity alongside malnutrition, climate change alongside fuel and energy crises, water stress alongside more mouths to feed, and social

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inequalities alongside unprecedented accumulation of wealth, the old rubric of food policy needs re-evaluation. This book explores the enormity of what the new policy mix must address, taking the approach that food policy must be inextricably linked with public health, environmental damage, and social inequalities to be effective. Written by three authors with differing backgrounds, one in political science, another in environmental health and health promotion, and the third in social psychology, this book reflects the myriad of perspectives

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essential to a comprehensive view of modern food policy. It attempts to make sense of what is meant by food policy; explores whether the term has any currency in current policy discourse; assesses whether current policies help or hinder what happens; judges whether consensus can triumph in the face of competing bids for understanding; looks at all levels of governance, across the range of actors in the food system, from companies and the state to civil society and science; considers what direction food policies are taking, not just in the UK but internationally; assesses

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who (and what) gains or loses in the making of these food policies; and identifies a modern framework for judging how good or limited processes of policy-making are. This book provides a major comprehensive review of current and past food policy, thinking and proposing the need for what the authors call an ecological public health approach to food policy. Nothing less will be fit for the 21st century.

Thoroughly revised and updated, *Nutrition in Public Health* explores the complex, multifaceted array of

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programs and services that exist in the United States today that are dedicated to bettering population health through improved nutrition. The Fourth Edition explores the subject by first considering how nutrition fits into public health and then by examining policymaking, assessment and intervention methods, special populations, food security, and program management.

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