

WHY



CALORIES



COUNT



From Science to Politics

MARION NESTLE



MALDEN NESHEIM

"That simply: eat per Marion's advice and you'll be eating better!" —Mark Bittman, *New York Times*

# Why Calories Count From Science To Politics Marion Nestle

**Nicholas Bauch**



## **Why Calories Count From Science To Politics Marion Nestle:**

Why Calories Count Marion Nestle, Malden Nesheim, 2012-04-18 Calories too few or too many are the source of health problems affecting billions of people in today's globalized world. Although calories are essential to human health and survival, they cannot be seen, smelled, or tasted. They are also hard to understand. In Why Calories Count, Marion Nestle and Malden Nesheim explain in clear and accessible language what calories are and how they work both biologically and politically. As they take readers through the issues that are fundamental to our understanding of diet and food, weight gain, loss, and obesity, Nestle and Nesheim sort through a great deal of the misinformation put forth by food manufacturers and diet program promoters. They elucidate the political stakes and show how federal and corporate policies have come together to create an "eat more" environment. Finally, having armed readers with the necessary information to interpret food labels, evaluate diet claims, and understand evidence as presented in popular media, the authors offer some candid advice: Get organized, Eat less, Eat better, Move more, Get political.

Why Calories Count Marion Nestle, Malden C. Nesheim, 2012 In Why Calories Count, Marion Nestle and Malden Nesheim explain in clear and accessible language what calories are and how they work both biologically and politically.

Nutritionism Gyorgy Scrinis, 2013-06-18 Popularized by Michael Pollan in his best-selling In Defense of Food, Gyorgy Scrinis's concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food, an approach that has dominated nutrition science, dietary advice, and food marketing. Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality such that even highly processed foods may be perceived as healthful depending on their content of good or bad nutrients. Investigating the butter versus margarine debate, the battle between low fat, low carb, and other weight loss diets, and the food industry's strategic promotion of nutritionally enhanced foods, Scrinis reveals the scientific, social, and economic factors driving our modern fascination with nutrition. Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century. He begins with the era of quantification in which the idea of protective nutrients, caloric reductionism, and vitamins' curative effects took shape. He follows with the era of good and bad nutritionism, which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients, and concludes with our current era of functional nutritionism in which the focus has shifted to targeted nutrients, superfoods, and optimal diets. Scrinis's research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties. He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations. Scrinis also offers an alternative paradigm for assessing the healthfulness of foods: the food quality paradigm that privileges food production and processing quality, cultural, traditional knowledge, and sensual, practical experience, and promotes less reductive forms of nutrition research and dietary advice.

**More Than Just Food** Garrett Broad, 2016-02-09 Raising concerns about health

the environment and economic inequality critics of the industrial food system insist that we are in crisis In response food justice activists based in marginalized low income communities of color across the United States have developed community based solutions to the nation s food system problems arguing that activities like urban agriculture cultural nutrition education and food related social enterprises can be an integral part of systemic social change Highlighting the work of Community Services Unlimited a South Los Angeles food justice group founded by the Black Panther Party More Than Just Food explores the possibilities and limitations of the community based approach offering a networked examination of the food justice movement in the age of the nonprofit industrial complex Provided by publisher **Inventing Baby Food** Amy Bentley,2014-09-19 Food consumption is a significant and complex social activity and what a society chooses to feed its children reveals much about its tastes and ideas regarding health In this groundbreaking historical work Amy Bentley explores how the invention of commercial baby food shaped American notions of infancy and influenced the evolution of parental and pediatric care Until the late nineteenth century infants were almost exclusively fed breast milk But over the course of a few short decades Americans began feeding their babies formula and solid foods frequently as early as a few weeks after birth By the 1950s commercial baby food had become emblematic of all things modern in postwar America Little jars of baby food were thought to resolve a multitude of problems in the domestic sphere they reduced parental anxieties about nutrition and health they made caretakers feel empowered and they offered women entering the workforce an irresistible convenience But these baby food products laden with sugar salt and starch also became a gateway to the industrialized diet that blossomed during this period Today baby food continues to be shaped by medical commercial and parenting trends Baby food producers now contend with health and nutrition problems as well as the rise of alternative food movements All of this matters because as the author suggests it s during infancy that American palates become acclimated to tastes and textures including those of highly processed minimally nutritious and calorie dense industrial food products

*Feeding the Crisis* Maggie Dickinson,2019-11-19 The Supplemental Nutrition Assistance Program SNAP formerly known as food stamps is one of the most controversial forms of social welfare in the United States Although it s commonly believed that such federal programs have been cut back since the 1980s Maggie Dickinson charts the dramatic expansion and reformulation of the food safety net in the twenty first century Today receiving SNAP benefits is often tied to work requirements which essentially subsidizes low wage jobs Excluded populations such as the unemployed informally employed workers and undocumented immigrants must rely on charity to survive *Feeding the Crisis* tells the story of eight families as they navigate the terrain of an expanding network of assistance programs in which care and abandonment work hand in hand to make access to food uncertain for people on the social and economic margins Amid calls at the federal level to expand work requirements for food assistance Dickinson shows us how such ideas are bad policy that fail to adequately address hunger in America *Feeding the Crisis* brings the voices of food insecure families into national debates about welfare policy

offering fresh insights into how we can establish a right to food in the United States      Gastropolitics and the Specter of Race María Elena García, 2021-03-15 In recent years Peru has transformed from a war torn country to a global high end culinary destination Connecting chefs state agencies global capital and Indigenous producers this gastronomic revolution makes powerful claims food unites Peruvians dissolves racial antagonisms and fuels development Gastropolitics and the Specter of Race critically evaluates these claims and tracks the emergence of Peruvian gastropolitics a biopolitical and aesthetic set of practices that reinscribe dominant racial and gendered orders Through critical readings of high end menus and ethnographic analysis of culinary festivals guinea pig production and national branding campaigns this work explores the intersections of race species and capital to reveal links between gastronomy and violence in Peru      Nile Nightshade Anny Gaul, 2025-10-28 A cultural and culinary history of modern Egypt through the nation s beloved tomato By the end of the twentieth century the tomato indigenous to the Americas had become Egypt s top horticultural crop and a staple of Egyptian cuisine The tomato brought together domestic consumers cookbook readers and home cooks through a shared culinary culture that sometimes transcended differences of class region gender and ethnicity and sometimes reinforced them In Nile Nightshade Anny Gaul shows how Egyptians embrace of the tomato and the emergence of Egypt s modern national identity were both driven by the modernization of the country s food system Drawing from cookbooks archival materials oral histories and vernacular culture Gaul follows this commonplace food into the realms of domestic policy and labor through the hands of Egypt s overwhelmingly female home cooks As they wrote recipes and cooked meals these women forged key aspects of public culture that defined how Egyptians recognized themselves and one another as Egyptian      *Food and Power* Nir Avieli, 2018 Drawing on ethnography conducted in Israel since the late 1990s Food and Power considers how power is produced reproduced negotiated and subverted in the contemporary Israeli culinary sphere Nir Avieli explores issues such as the definition of Israeli cuisine the ownership of hummus the privatization of communal Kibbutz dining rooms and food at a military prison for Palestinian detainees to show how cooking and eating create ambivalence concerning questions of strength and weakness and how power and victimization are mixed into a sense of self justification that maintains internal cohesion among Israeli Jews      **The Quinoa Bust** Emma McDonell, 2025-02-18 Quinoa rose to global stardom pitched as an unparalleled sustainable development opportunity that heralded a bright future for rural communities devastated by decades of rural urban migration civil war and state neglect The Quinoa Bust is based in a longitudinal ethnography centered around Puno Peru the main quinoa production area in the world s chief quinoa exporting country This book traces the social ecological technological and political work that went into transforming a humble Andean grain into a development miracle crop and also highlights that project s unintended consequences The Quinoa Bust shows how even efforts based in the best of intentions counteracting the homogenization of global food supply empowering small scale farmers revaluing local food cultures and adapting agricultural systems to climate change can generate new kinds of oppression At a time when so called

forgotten foods are increasingly positioned as sustainable development tools The Quinoa Bust offers a cautionary tale of fleeting benefits and ambivalent results      **The Labor of Lunch** Jennifer E. Gaddis,2019-11-12 There s a problem with school lunch in America Big Food companies have largely replaced the nation s school cooks by supplying cafeterias with cheap precooked hamburger patties and chicken nuggets chock full of industrial fillers Yet it s no secret that meals cooked from scratch with nutritious locally sourced ingredients are better for children workers and the environment So why not empower lunch ladies to do more than just unbox and reheat factory made food And why not organize together to make healthy ethically sourced free school lunches a reality for all children The Labor of Lunch aims to spark a progressive movement that will transform food in American schools and with it the lives of thousands of low paid cafeteria workers and the millions of children they feed By providing a feminist history of the US National School Lunch Program Jennifer E Gaddis recasts the humble school lunch as an important and often overlooked form of public care Through vivid narration and moral heft The Labor of Lunch offers a stirring call to action and a blueprint for school lunch reforms capable of delivering a healthier more equitable caring and sustainable future      Bitter and Sweet Ellen Oxfeld,2017-05-23 Less than a half century ago China experienced a cataclysmic famine which was particularly devastating in the countryside As a result older people in rural areas have experienced in their lifetimes both extreme deprivation and relative abundance of food Young people on the other hand have a different relationship to food Many young rural Chinese are migrating to rapidly industrializing cities for work leaving behind backbreaking labor but also a connection to food through agriculture Bitter and Sweet examines the role of food in one rural Chinese community as it has shaped everyday lives over the course of several tumultuous decades In her superb ethnographic accounts Ellen Oxfeld compels us to reexamine some of the dominant frameworks that have permeated recent scholarship on contemporary China and that describe increasing dislocation and individualism and a lack of moral centeredness By using food as a lens she shows a more complex picture where connectedness and sense of place continue to play an important role even in the context of rapid change      **The Kingdom of Rye** Darra Goldstein,2024-04-23 Celebrated food scholar Darra Goldstein takes readers on a vivid tour of history and culture through Russian cuisine The Kingdom of Rye unearths the foods and flavors of the Russian land Preeminent food studies scholar Darra Goldstein offers readers a concise engaging and gorgeously crafted story of Russian cuisine and culture This story demonstrates how national identity is revealed through food and how people know who they are by what they eat together The Kingdom of Rye examines the Russians ingenuity in overcoming hunger a difficult climate and a history of political hardship while deciphering Russia s social structures from within This is a domestic history of Russian food that serves up a deeper history demonstrating that the wooden spoon is mightier than the scepter      **Curried Cultures** Krishnendu Ray,Tulasi Srinivas,2012-05 Although South Asian cookery and gastronomy has transformed contemporary urban foodscape all over the world social scientists have paid scant attention to this phenomenon Curried Cultures a wide ranging collection of essays explores the relationship

between globalization and South Asia through food covering the cuisine of the colonial period to the contemporary era investigating its material and symbolic meanings *Curried Cultures* challenges disciplinary boundaries in considering South Asian gastronomy by assuming a proximity to dishes and diets that is often missing when food is a lens to investigate other topics The book's established scholarly contributors examine food to comment on a range of cultural activities as they argue that the practice of cooking and eating matter as an important way of knowing the world and acting on it *Tasting French Terroir* Thomas Parker, 2015-05-01 This book explores the origins and significance of the French concept of *terroir* demonstrating that the way the French eat their food and drink their wine today derives from a cultural mythology that developed between the Renaissance and the Revolution Through close readings and an examination of little known texts from diverse disciplines Thomas Parker traces *terroir*'s evolution providing insight into how gastronomic mores were linked to aesthetics in language horticulture and painting and how the French used the power of place to define the natural world explain comportment and frame France as a nation *Reinventing the Wheel* Bronwen Percival, Francis Percival, 2017-09-05 *Reinventing the Wheel* is equal parts popular science history and muckraking Over the past hundred and fifty years dairy farming and cheesemaking have been transformed and this book explores what has been lost along the way Today using cutting edge technologies like high throughput DNA sequencing scientists are beginning to understand the techniques of our great grandparents The authors describe how geneticists are helping conservationists rescue rare dairy cow breeds on the brink of extinction microbiologists are teaching cheesemakers to nurture the naturally occurring microbes in their raw milk rather than destroying them and communities of cheesemakers are producing real cheeses that reunite farming and flavor rewarding diversity and sustainability at every level Provided by publisher ***A Geography of Digestion*** Nicholas Bauch, 2017 *A Geography of Digestion* explores the legacy of the Kellogg Company one of America's most enduring and storied food enterprises In the late nineteenth century company founder John H Kellogg was experimenting with state of the art advances in nutritional and medical science at his Battle Creek Sanitarium At the same time he was involved in overhauling the form and function of the broader landscapes in which his health practice was situated Innovations in food manufacturing machinery urban sewer infrastructure and agricultural technology came together to forge an extensible geography of his patients bodies changing the way Americans consumed and digested food In this novel approach to the study of the Kellogg enterprise Nicholas Bauch asks his readers to think geographically about the process of digesting food Beginning with the stomach Bauch moves outward from the sanitarium through the landscapes and technologies that materialized Kellogg's particular version of digestion Far from a set of organs confined to the epidermal bounds of the body the digestive system existed in other places Moving from food processing machines to urban sewerage to agricultural fields *A Geography of Digestion* paints a grounded portrait of one of the most basic human processes of survival the incorporation of food into our bodies leading us to question where exactly our bodies are located Provided by publisher ***Hoptopia*** Peter A.

Kopp,2016-09-06 Hoptopia argues that the current revolution in craft beer is the product of a complex global history that converged in the hop fields of Oregon s Willamette Valley What spawned from an ideal environment and the ability of regional farmers to grow the crop rapidly transformed into something far greater because Oregon farmers depended on the importation of rootstock knowledge technology and goods not only from Europe and the Eastern United States but also from Asia Latin America and Australasia They also relied upon a seasonal labor supply of people from all of these areas as a supplement to local Euroamerican and indigenous communities to harvest their crops In turn Oregon hop farmers reciprocated in exchanges of plants and ideas with growers and scientists around the world and of course sent their cured hops into the global marketplace These global exchanges occurred not only during Oregon s golden era of hop growing in the late nineteenth and early twentieth centuries but through to the present in the midst of the craft beer revival The title of this book Hoptopia is a nod to Portland s title of Beervana and the Willamette Valley s claim as an agricultural Eden from the mid nineteenth century onward But the story is fundamentally about how seemingly niche agricultural regions do not exist and have never existed independently of the flow of people ideas goods and biology from other parts of the world To define Hoptopia is to define the Willamette Valley s hop and beer industries as the culmination of all of this local and global history With the hop itself as a central character this book aims to connect twenty first century consumers to agricultural lands and histories that have been forgotten in an era of industrial food production Provided by publisher [American Tuna](#) Andrew F. Smith,2012-08-08 In a lively account of the American tuna industry s fortunes and misfortunes over the past century a celebrated food writer relates how tuna went from being sold primarily as a fertiliser to becoming the most commonly consumed fish in the US Tuna is both the subject and the backdrop for other facets of American history **Yerba Mate** Julia J.S. Sarreal,2023-01-24 Like coffee or tea yerba mate is one of the world s most beloved caffeinated beverages Once dubbed a devil s drink by Spanish missionaries in South America only to be later hailed by capitalists and politicians as green gold it has a long and storied history And no country consumes and celebrates yerba mate quite like Argentina Yerba Mate is the first book to explore the extraordinary history of this iconic beverage in Argentina from the precolonial period to the present From yerba mate s Indigenous origins to its ubiquity during the colonial era from its association with rural people and the poor in the late nineteenth century to its resurgence in the last years of the twentieth century Julia Sarreal meticulously documents yerba mate s consumption production and cultural importance over time Yerba Mate is the definitive history of this popular beverage and social practice and it tells a fascinating story about race culture and how a drink helped forge the national identity of one of the world s most dynamic countries



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