

How Industrial Food Is Making Us Sicker, Fatter, and Poorer—and What You Can Do

In her groundbreaking book, *How Industrial Food Is Making Us Sicker, Fatter, and Poorer*, renowned investigative journalist Marion Nestle reveals the harmful effects of our modern food system, from malnutrition and obesity to diabetes and heart disease. She also offers practical solutions for creating a healthier, more sustainable food system for all.



Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It by Karl Weber

★★★★☆ 4.6 out of 5

Language : English
File size : 1031 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 338 pages



Nestle begins by tracing the history of industrial food production, from the development of processed foods in the early 20th century to the rise of fast food and factory farming in the postwar era. She shows how these changes have led to a dramatic increase in the consumption of unhealthy foods, such as processed meats, sugary drinks, and refined grains. This, in turn,

has contributed to a rise in chronic diseases, such as obesity, diabetes, and heart disease.

Nestle also examines the environmental and economic costs of our industrial food system. The production of processed foods and animal products requires large amounts of energy and water, and it contributes to pollution and climate change. In addition, the food industry is a major source of economic inequality, with a handful of multinational corporations controlling the majority of the food supply.

In the face of these challenges, Nestle offers a number of practical solutions for creating a healthier, more sustainable food system. She calls for reducing our consumption of processed foods and animal products, and increasing our consumption of fruits, vegetables, and whole grains. She also advocates for policies that support sustainable agriculture, reduce food waste, and promote healthy eating habits.

How Industrial Food Is Making Us Sicker, Fatter, and Poorer is a wake-up call about the dangers of our modern food system. It is also a roadmap for creating a healthier, more sustainable food system for all.

Reviews

"Marion Nestle's *How Industrial Food Is Making Us Sicker, Fatter, and Poorer* is a must-read for anyone who cares about the future of food. Nestle provides a comprehensive and accessible overview of the problems with our current food system, and she offers practical solutions for creating a healthier, more sustainable food system for all." — **Eric Schlosser**, author of *Fast Food Nation*

"Marion Nestle is one of the world's leading experts on food and nutrition. In *How Industrial Food Is Making Us Sicker, Fatter, and Poorer*, she provides a powerful indictment of our current food system, and she offers a clear path forward for creating a healthier, more sustainable food future."—

Michael Pollan, author of *The Omnivore's Dilemma*

"Marion Nestle's *How Industrial Food Is Making Us Sicker, Fatter, and Poorer* is a groundbreaking work that will change the way we think about food. Nestle provides a wealth of evidence to show how our industrial food system is making us sick, and she offers practical solutions for creating a healthier, more sustainable food system for all."—**Mark Bittman**, author of *How to Cook Everything*

About the Author

Marion Nestle is a professor of nutrition, food studies, and public health at New York University. She is the author of several books on food and nutrition, including *What to Eat*, *Food Politics*, and *Soda Politics*. Nestle is a frequent contributor to *The New York Times*, *The Washington Post*, and other publications. She is also the founder of the Food Studies Program at New York University.



Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You

Can Do About It by Karl Weber

★★★★☆ 4.6 out of 5

Language : English

File size : 1031 KB

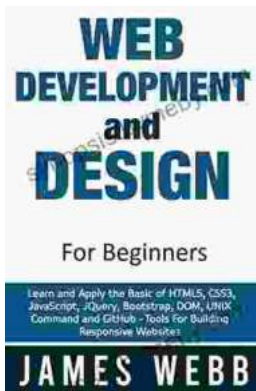
Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled
Print length : 338 pages



Web Development and Design for Beginners: Unleash Your Inner Web Master!

: Dive into the Exciting World of Web Development Welcome to the captivating world of web development, where you'll embark on an...



Emperor of the Sea Charlotte Linlin:

A Monumental Force in the One Piece Universe Origins and Early Life Charlotte Linlin, colloquially known as Big Mom,...