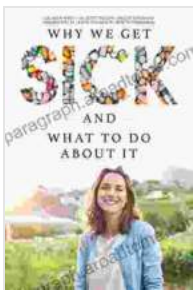


What's Wrong With Our Food? And What To Do About It

In her groundbreaking book, 'What's Wrong With Our Food? And What To Do About It', Marion Nestle reveals the truth about what's really in our food. She exposes the hidden dangers of processed foods, sugary drinks, and unhealthy fats, and shows us how to make healthier choices for ourselves and our families.



Why We Get Sick: and What to Do About It by Shelby Stoddard

★★★★☆ 4.6 out of 5

Language	: English
File size	: 270 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 54 pages
Lending	: Enabled



Nestle is a professor of nutrition, food studies, and public health at New York University. She is also the author of several other books on food and nutrition, including 'Food Politics' and 'Unsavory Truth: How Food Companies Skew the Science of What We Eat'.

In 'What's Wrong With Our Food?', Nestle draws on her decades of research to provide a comprehensive overview of the current state of the American food system. She discusses the rise of processed foods, the

decline of home cooking, and the increasing prevalence of obesity and chronic diseases.

Nestle also offers practical advice on how to make healthier choices for ourselves and our families. She provides tips on how to read food labels, how to cook more meals at home, and how to choose healthier snacks and drinks.

'What's Wrong With Our Food?' is a must-read for anyone who is concerned about the quality of their food. It is a powerful indictment of the American food system, and it provides essential information on how to make healthier choices for ourselves and our families.

What's in Our Food?

The American food system is a complex and globalized network of farms, factories, and distribution networks. It is responsible for producing and distributing the food that we eat, and it has a profound impact on our health and well-being.

In recent decades, the American food system has undergone a number of significant changes. These changes have led to a decline in the consumption of fresh fruits and vegetables, and an increase in the consumption of processed foods, sugary drinks, and unhealthy fats.

Processed foods are foods that have been altered from their original state. They may be canned, frozen, dried, or otherwise preserved. Processed foods often contain high levels of sodium, sugar, and unhealthy fats.

Sugary drinks are beverages that contain added sugar. They include soda, juice, sports drinks, and energy drinks. Sugary drinks are a major source of empty calories and can contribute to weight gain and other health problems.

Unhealthy fats are fats that are high in saturated and trans fats. Saturated fats are found in animal products and some plant-based foods. Trans fats are created when liquid oils are processed into solid fats. Unhealthy fats can increase the risk of heart disease and other health problems.

The American food system is also responsible for a number of food safety hazards. These hazards include:

- **Bacteria:** Bacteria can cause foodborne illnesses such as salmonella, E. coli, and Listeria.
- **Viruses:** Viruses can cause foodborne illnesses such as norovirus and hepatitis A.
- **Parasites:** Parasites can cause foodborne illnesses such as toxoplasmosis and trichinosis.
- **Chemicals:** Chemicals can enter the food supply through pesticides, fertilizers, and other sources. Chemicals can cause a variety of health problems, including cancer and birth defects.

What Can We Do?

The American food system is broken, but it is not beyond repair. We can make healthier choices for ourselves and our families, and we can demand change from our government and food industry.

Here are a few things we can do to improve the American food system:

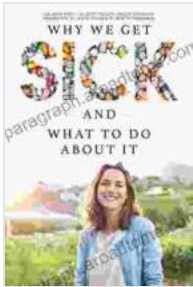
- **Eat more fresh fruits and vegetables.** Fruits and vegetables are packed with nutrients and antioxidants. They are also low in calories and fat.
- **Cook more meals at home.** Cooking at home gives you control over the ingredients in your food. You can also save money and reduce your risk of foodborne illness.
- **Choose healthier snacks and drinks.** Instead of sugary drinks and processed snacks, choose healthy snacks such as fruits, vegetables, nuts, and seeds.
- **Read food labels.** Food labels can help you make informed choices about the food you eat. Look for foods that are low in sodium, sugar, and unhealthy fats.
- **Demand change from our government and food industry.** We need to let our government and food industry know that we want healthier food. We can do this by contacting our elected officials, supporting organizations that are working to improve the food system, and boycotting companies that produce unhealthy food.

By making healthier choices and demanding change, we can improve the American food system and create a healthier future for ourselves and our families.

Additional Resources

- The Center for Science in the Public Interest: <https://www.cspinet.org/>
- The Environmental Working Group: <https://www.ewg.org/>

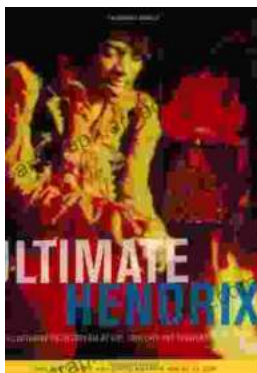
- The Food and Drug Administration: <https://www.fda.gov/>
- The National Institutes of Health: <https://www.nih.gov/>
- The World Health Organization: <https://www.who.int/>



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