

# GOOD NUTRITION?

fact & fashion  
in dietary advice



PATRICIA CROTTY

# Good Nutrition Fact And Fashion In Dietary Advice

**Food and Nutrition Information Center  
(U.S.).**



## **Good Nutrition Fact And Fashion In Dietary Advice:**

**Food, Morals and Meaning** John Coveney, 2023-05-09 First published in 2006 *Food Morals and Meaning* examines our need to discipline our desires our appetites and our pleasures at the table However instead of seeing this discipline as dominant or oppressive it argues that a rationalisation of pleasure plays a positive role in our lives allowing us to better understand who we are The book begins by exploring the way that concerns about food the body and pleasure were prefigured in antiquity and then how these concerns were recast in early Christianity as problems of natural appetite which had to be curbed The following chapters discuss how scientific knowledge about food was constructed out of philosophical and religious concerns about indulgence and excess in 18th and 19th Century Europe Finally by using research collected from in depth interviews with families the last section focuses on the social organisation of food in the modern home to illustrate the ways that the meal table now incorporates the principles of nutrition as a form of moral training especially for children *Food Morals and Meaning* will be essential reading for those studying nutrition public health sociology of health and illness and sociology of the body

***Food and Nutrition*** Danielle Gallegos, Mark L Wahlqvist, 2020-07-27 Food how we produce prepare share and consume it is fundamental to our wellbeing It also connects the human body to the complex and dynamic systems of our environment This is more significant than ever before in human history as climate change and increasing population impact on global ecosystems This fourth edition of *Food and Nutrition* has been completely rewritten to reflect an ecosystems approach to human health It is shaped around four dimensions of human nutrition biology society environment and economy *Food and Nutrition* provides a comprehensive overview of food components and the biochemistry of foods and digestion It outlines nutrition needs at different life stages dietary disorders and social and cultural influences on food selection and consumption It also explores the increasing influence of technology on agriculture and food preparation and recent research into intergenerational nutrition and nutrigenomics At every stage it points to how you can impact your own health and the health of others as a global citizen and as a health or other food system related professional Extensively illustrated with informative graphs diagrams and data and with examples glossaries and reflective exercises *Food and Nutrition* is the ideal introduction to the field of nutrition and dietetics for the 21st century and a valuable professional reference for early career dietitians

**Eating Right in America** Charlotte Biltekoff, 2013-10-02 This social and cultural history of key moments in U S dietary reform illuminates the relations between prevailing notions of what it means to eat right and conceptions of morality and citizenship

**The Philosophy of Food** David M. Kaplan, 2012-02-01 This book explores food from a philosophical perspective bringing together sixteen leading philosophers to consider the most basic questions about food What is it exactly What should we eat How do we know it is safe How should food be distributed What is good food David M Kaplan s erudite and informative introduction grounds the discussion showing how philosophers since Plato have taken up questions about food diet agriculture and animals However until recently few have considered food a

standard subject for serious philosophical debate Each of the essays in this book brings in depth analysis to many contemporary debates in food studies Slow Food sustainability food safety and politics and addresses such issues as happy meat aquaculture veganism and table manners The result is an extraordinary resource that guides readers to think more clearly and responsibly about what we consume and how we provide for ourselves and illuminates the reasons why we act as we do

**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

**Alcohol, Tobacco and Obesity** Kirsten Bell, Amy Salmon, Darlene McNaughton, 2012-03-29 Although drinking smoking and obesity have attracted social and moral condemnation to varying degrees for more than two hundred years over the past few decades they have come under intense attack from the field of public health as an unholy trinity of lifestyle behaviours with apparently devastating medical social and economic consequences Indeed we appear to be in the midst of an important historical moment in which policies and practices that would have been unthinkable a decade ago e g outdoor smoking bans incarcerating pregnant women for drinking alcohol and prohibiting restaurants from serving food to fat people have become acceptable responses to the risks that alcohol tobacco and obesity are perceived to pose Hailing from Canada Australia the United Kingdom and the USA and drawing on examples from all four countries contributors interrogate the ways in which alcohol tobacco and fat have come to be constructed as problems requiring intervention and expose the

social cultural and political roots of the current public health obsession with lifestyle No prior collection has set out to provide an in depth examination of alcohol tobacco and obesity through the comparative approach taken in this volume This book therefore represents an invaluable and timely contribution to critical studies of public health health inequities health policy and the sociology of risk more broadly

**The Sociology and Politics of Health** David Banks, Michael Purdy, 2005-06-29 Health care systems the role of health professionals and the experience of health and illness are all undergoing change and development as we enter the twenty first century The Sociology and Politics of Health is a collection of key readings through which to explore the sociological and political dimensions of health illness and health care Combining classic pieces with more up to date contributions it includes examples taken from current domestic and international initiatives and draws on humanist materialist feminist and constructionalist perspectives The Sociology and Politics of Health covers ideology and policy social stratification professionalisation the experience of health and illness This reader offers health studies students nurses and other health professionals an invaluable introduction to an increasingly important field of social inquiry

*Food* John Coveney, 2013-07-18 The centrality of food in life and the importance of food as life is undeniable As a source of biological substrates personal pleasure and political power food is and has been an enduring requirement of human biological social and cultural existence In recent years interest in food has increased across the academic public and popular spheres fuelled by popular media s constant play on the role of food and body size and food and cooking as a mass spectacle for TV audiences In *Food* a new book part of the Shortcuts Series John Coveney examines food as humanness identity politics industry regulation the environment and justice He explores how food helps us understand what it means to be human Through food we construct our social identities our families and communities but this book also highlights the tensions between the industrialisation of food the environment and the fair or otherwise worldwide distribution of food It considers how the food industries on which most of us have to rely have also had direct effects on our bodies whether through diet and longevity or the development of illness and diseases This book is for all students and general readers alike or for anyone with a fascination with food It questions the idea that food is merely something inert on the plate and instead shows how influential symbolic powerful and transformative food has come to be This book is part of the Shortcuts series published by Routledge a major new series of concise accessible introductions to some of the major issues of our times

**A Theory of Grocery Shopping** Shelley Koch, 2013-07-18 Grocery shopping is an often ignored part of the story of how food ultimately gets to our pantry shelves and tables A Theory of Grocery Shopping explores the social organization of grocery shopping by linking the lived experience of grocery shoppers and retail managers in the US with information transmitted by nutritionists government employees financial advisors journalists health care providers and marketers who influence the way we think about and perform the work of shopping for a household s food The author provides insight into the contradictory messages that shape how consumers provision their households and details how

consumers respond to these messages The book challenges the consumer choice model that places responsibility on the shopper for making the right choice at the grocery store thereby ignoring the larger social forces at work which determine what products are available and how they get to the shelves

**Medical History** Ian Miller, 2018-09-19 This introductory textbook presents medical history as a theoretically rich discipline one that constantly engages with major social questions about ethics bodies state power disease public health and mental disorder Providing both instructors and students with an account of the changing nature of medical history research since it first emerged as a distinct discipline in 19th century Germany this essential guide covers the theoretical development of medical history and evaluates the various approaches adopted by doctors historians and sociologists Synthesising historiographical material ranging from the 19th to 21st centuries this is an ideal resource for postgraduate students from History and History of Medicine degrees taking courses on historiography the theory of history and medical history

**Feeding Distinction: Constrictions and Constructions of Dietary Compliance** Filippo Oncini, 2020-11-06 Building on Bourdieu's theory of capitals this book provides an in depth analysis of the social stratification of food consumption in Italy with a special focus on the role of the school canteen as a possible enhancer of children's dietary compliance Making use of large survey data semi structured interviews with parents and long ethnographic fieldwork in four primary school canteens the study presents new insights on the ways inequalities shape eating and feeding practices between home and school

**Food Words** Peter Jackson, 2013-05-23 Food Words is an A Z series of provocative essays on key topics in the dynamic field of food studies focusing on current controversies and debates

**Cuisine and Empire** Rachel Laudan, 2015-04-03 Rachel Laudan tells the remarkable story of the rise and fall of the world's great cuisines from the mastery of grain cooking some twenty thousand years ago to the present in this superbly researched book Probing beneath the apparent confusion of dozens of cuisines to reveal the underlying simplicity of the culinary family tree she shows how periodic seismic shifts in culinary philosophy beliefs about health the economy politics society and the gods prompted the construction of new cuisines a handful of which chosen as the cuisines of empires came to dominate the globe Cuisine and Empire shows how merchants missionaries and the military took cuisines over mountains oceans deserts and across political frontiers Laudan's innovative narrative treats cuisine like language clothing or architecture as something constructed by humans By emphasizing how cooking turns farm products into food and by taking the globe rather than the nation as the stage she challenges the agrarian romantic and nationalistic myths that underlie the contemporary food movement

**Food Restraint and Fasting in Victorian Religion and Literature** Lesa Scholl, 2022-01-27 Through an interdisciplinary lens of theology medicine and literary criticism this book examines the complicated intersections of food consumption political economy and religious conviction in nineteenth century Britain Scholarship on fasting is gendered This book deliberately faces this gendering by looking at the way in which four Victorian women writers Christina Rossetti Alice Meynell Elizabeth Gaskell and Josephine Butler each engage with food restraint from

ethical social and theological perspectives While many studies look at fasting as a form of spiritual discipline or punishment or alternatively as anorexia nervosa this book positions limiting food consumption as an ethical choice in response to the food insecurity of others By examining their works in this way this study repositions feminine religious practice and writing in relation to food consumption within broader contexts of ecocriticism economics and social justice

**Reforming food in post-Famine Ireland** Ian Miller, 2015-11-01 Reforming food in post famine Ireland Medicine science and improvement 1845 1922 is the first dedicated study of how and why Irish eating habits dramatically transformed between the famine and independence It also investigates the simultaneous reshaping of Irish food production after the famine Adopting an interdisciplinary approach the book draws from the diverse methodological disciplines of medical history history of science cultural studies Irish studies gender studies and food studies Making use of an impressive range of sources it maps the pivotal role of food in the shaping of Irish society onto a political and social backdrop of famine Land Wars political turbulence the First World War and the struggle for independence It will be of interest to historians of medicine and science as well as historians of modern Irish social economic political and cultural history

Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976

**Good Nutrition?** Patricia A. Crotty, 1995 Tracing nutritional advice in the United States the United Kingdom and Australia from the 19th century to the present this book exposes the dynamics behind modern dietary advice

**The Changing Chicken** Jane Dixon, 2002 Annotation The Changing Chicken Chooks Cooks and Culinary Culture provides a unique view of food systems and culture The book describes activities in the hatcheries on chicken farms in processing plants in supermarket delicatessens and in household kitchens A chicken centred diet challenges assumptions about how foods become valued or are judged good to eat By building on insights from the sociology of consumption retail geography and political economy author Jane Dixon develops a cultural economy framework for studying the shifting balance of power in food systems And by comparing the situation in Australia with international trends in chicken meat production and consumption she sheds new light on the complex issue of global food systems and national culinary cultures

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Fear of Food Harvey Levenstein, 2020-03-04 An entertaining and enlightening history of the scares scams and pseudoscience that have made food a source of anxiety in America The Boston Globe Are eggs the perfect protein or cholesterol bombs Is red wine good for my heart or bad for my liver Will pesticides and processed foods kill me In this book food historian Harvey Levenstein encourages us to take a deep breath and reveals the people and vested interests who have created and exploited so many worries surrounding the subject of what we eat He tells of the prominent scientists who first warned about deadly germs and poisons and those who charged that processing foods robs them of life giving vitamins and minerals These include Nobel laureate Eli Metchnikoff who advised that yogurt would enable people to live to 140 and Elmer McCollum the discoverer of vitamins who tailored his warnings about deficiencies to suit the food producers

who funded him He also highlights how companies have taken advantage of these concerns by marketing their products to the fear of the moment Fear of Food is a lively look at the food industry and American culture as well as a much needed voice of reason Levenstein expertly questions these stories of constantly changing advice and helps free us from irrational fears so we can rediscover the joy of eating Guides us through an entertaining series of obsessions from the outsized fear of flies spreading germs leading to the 1905 invention of the fly swatter to a panic about germ ridden cats infecting human food which led to a 1912 Chicago public health warning that felines were extremely dangerous to humanity a roster of American food nuttiness The Boston Globe Takes readers through a succession of American fads and panics from an epidemic of germophobia at the start of the twentieth century to fat phobia at its end He exposes the instigators of these panics not only the hucksters and opportunists but also the scientists and health experts Times Literary Supplement

**A Sociology of Food and Nutrition** John Germov, Lauren Williams, 1999 This innovative book examines the social context of food and nutrition by exploring the socio cultural political economic and philosophical factors that influence food production and consumption



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