



Controversies in Food and Nutrition

Myrna Chandler Goldstein, Mark A. Goldstein M.D.

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You can never have too many vitamins, until they kill you. Eat meat, but avoid beef, chicken, turkey, and pork. Packaged foods are more efficiently preserved than they were 100 years ago?but should we actually eat the stuff? Consumers are besieged with conflicting messages about food and nutrition, making it difficult for the average customer to know what to believe. Is anything safe at McDonald's? Do carbohydrates cause obesity? This provocative new resource explores 15 common controversies in the field of food and nutrition.

The authors explain the varying opinions and underlying issues that surround these debates, shedding new light on tensions over popular diets, fast food, and vegetarianism. Readers will gain a better understanding of these arguments and learn of the controversies surrounding lesser known topics as well, such as food irradiation, organic and imported food, vitamin supplementation, animal growth hormones, and more. Hot topics such as mad cow disease, high-protein diets, food allergies, and genetic modifications are clearly presented. This resource is perfect for high school and college students, as well as the general public.

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