



The Industrial Diet: The Degradation of Food and the Struggle for Healthy Eating

By Anthony Winson

NYU Press. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. This is a hugely informative book, stocked full of careful analysis. Amy Best, Associate Professor of Sociology, George Mason University Accused by many of creating a global health crisis, the American diet has been a source of controversy for years. The way Americans eat and the disastrous health problems that can often result—is debated on daytime talk shows and in political arenas, written about in bestselling manifestos, and exposed in Oscar-nominated documentaries. Yet, despite all the attention from the media and the scientific community, few studies have looked seriously at the mass-market forces underlying our Western diet. In *The Industrial Diet*, Anthony Winson chronicles the forces that have transformed our natural resources into an industry that produces edible commodities, an industry that far too often subverts our well-being instead of nourishing us. Tracing the industrial diet's history from its roots in the nineteenth century through to the present day, Winson looks at the role of technology, population growth, and political and economic factors in the constitution and transformation of mass dietary regimes. In addition to providing new evidence linking broad-based dietary changes with negative health effects in the developed...



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