

What's New in Reference?

Nursing & Health Professions

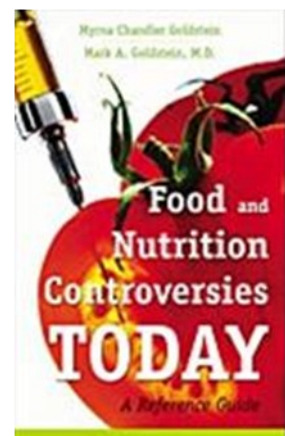
REF TX357 .G5745 2009

Goldstein, Myrna Chandler. *Food and Nutrition Controversies Today: A Reference Guide*. Westport, CT: Greenwood Press, 2009.

“Is any food safe? Will Mad Cow Disease kill us all? How many calories are really in your restaurant Caesar salad? Modern consumers are besieged with conflicting messages about food and nutrition, making it difficult for the lay person to know what to believe. This no-nonsense resource explores the latest controversies in the field of food and nutrition, presenting readers with the varying opinions and underlying facts that fuel these debates. Fifteen chapters focus on hot topics like organic food, bottled water, and deadly bacterial outbreaks as well as lesser known issues such as food irradiation, vitamin supplementation, animal growth hormones, and more. This informative reference is perfect for high school and college students or for the conscientious consumer. One of the few resources of its kind, this informative reference is perfect for high school and college students and the conscientious consumer. Since most books on food and diet approach the issues with a clear agenda, this work's unbiased tone and even-handed treatment of information make it a particularly valuable tool. Features include a detailed index, 20 black and white illustrations, and a rich and deep bibliography of print and electronic materials useful for further research.

Table of Contents:

- Antioxidants
- Bottled Water
- Fast Food
- Fats
- Fish
- Food Labeling
- Genetically Engineered Dairy Products
- Genetically Modified Foods
- Hidden Ingredients
- Imported Food
- Life-Enhancing/Life-Threatening Foods
- Not Just Cows Milk
- Organic Foods
- Popular Diets
- Raw Food
- Vegetarian and Vegan Diets”



(annotation from greenwood.com)

