

WHAT TO EAT NESTLE



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Despite the title, the book isn't prescriptive beyond "eat lots of fruits and vegetables and go easy on the junk food" but instead presents a wide range of information to allow readers to make up their own minds about what to eat.

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Nestle walks readers through every supermarket section--produce, meat, fish, dairy, packaged foods, bottled waters, and more--decoding labels and clarifying nutritional and other claims (in supermarket-speak, for example, "fresh" means most likely to spoil first, not recently picked or prepared), and in so doing explores issues like the effects of food production on our environment, the way pricing works, and additives and their effect on nutrition.

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Since its publication in hardcover last year, Marion Nestle's What to Eat has become the definitive guide to making healthy and informed choices about food.

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Marion Nestle What to Eat Talks at Google

Nutritionist and Author Marion Nestle discusses her latest book, "What to Eat" as well as her previous books "Food Politics: How the Food Industry Influences Nutrition" and "Health and Safe Food"

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What to Eat Marion Nestle 9780865477384 Amazon com Books

According to nutritionist Nestle, the increasing confusion among the general public about what to eat comes from two sources: experts who fail to create a holistic view by isolating food components and health issues, and a food industry that markets items on the basis of profits alone.

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