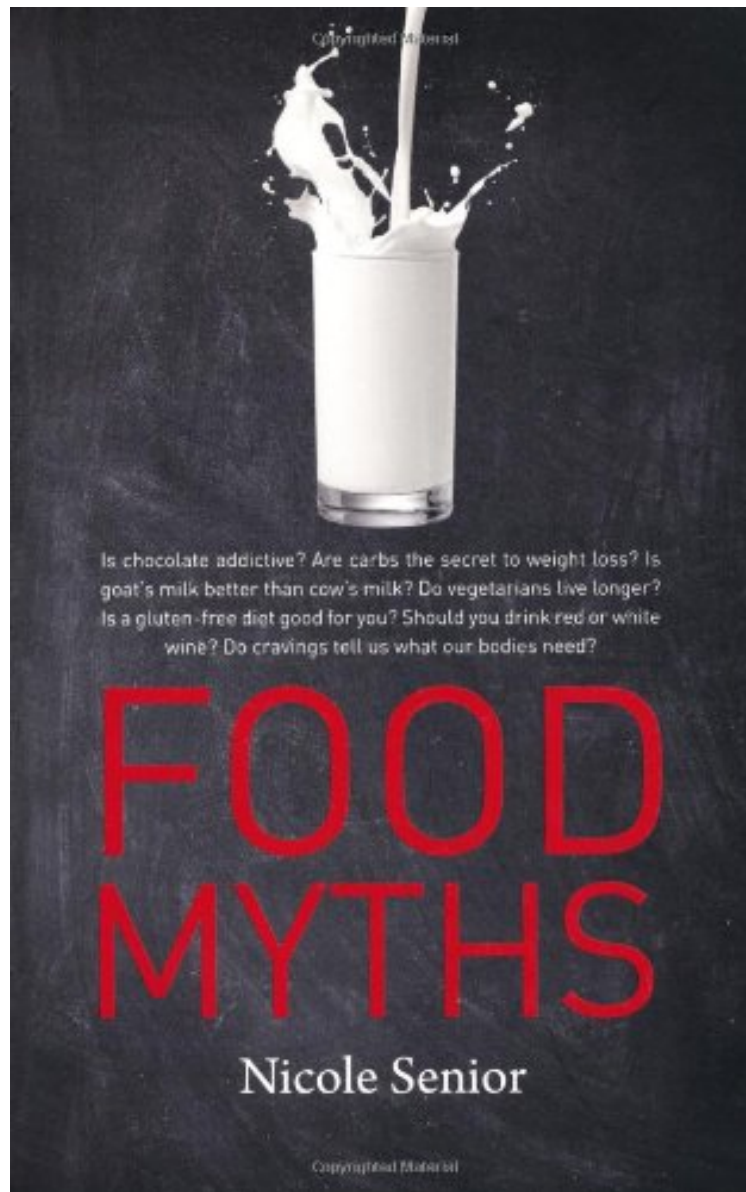


Food Myths

Nicole Senior

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Nicole Senior : Food Myths before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food Myths:

1 of 1 people found the following review helpful. The Food Industry View By David N Miller Nicole Senior is to be commended for being forthright enough to declare at the beginning of her book that she works for the food industry.

However, as I read the book that became obvious. She supports the use of food additives. She recommends margarine over butter. "There's nothing especially fattening about sugar", she says, and HFCS is OK in moderation. Some of her other conclusions (with which I disagree): gluten-free diets are not better for most people; saturated fat is bad for you; use a low-fat diet for weight loss; canola oil is a healthy oil; and raw milk is dangerous and unnecessary. This book is remarkably similar to *Coffee is Good for You*, by Robert J. Davis. Both these books are mouthpieces for the food processing industries, while claiming to provide tips for healthy living. 0 of 0 people found the following review helpful. Good for a laugh but that's about all. By Flying Kiwi. Absolute nonsense that goes against pretty much everything in food related common body of knowledge. Don't waste your money and even spending the time checking it out of the library is probably only of benefit for the couple of calories you will burn from throwing your hands up in frustration while reading this crap.

Even though we have access to more medical and health information than ever before, food and nutrition continually faces the challenge of misinformation and misconceptions. Do vegetarians live longer? Are thin people healthier than fat ones? Is sugar our enemy? What's better butter or margarine? Do adults need to drink milk? Is sea salt better for you than regular salt? Does detoxing clear your body out? Are foods labelled as 'natural' healthier for you? These are just some of the thoughts we tackle in this carefully researched, practical guide to food myths. This book goes behind food labeling and packaging to present the facts in language everyone can understand.

From the Inside Flap Even though we have access to more medical and health information than ever before, food and nutrition continually faces the challenge of misinformation and misconceptions. Do vegetarians live longer? Are thin people healthier than fat ones? Is sugar our enemy? What's better, butter or margarine? Do adults need to drink milk? Is sea salt better for you than regular salt? Does detoxing clear your body out? Are foods labelled as 'natural' healthier for you? These are just some of the thoughts we tackle in this carefully researched, practical guide to food myths. This book goes behind food labeling and packaging to present the facts in language everyone can understand. About the Author Nicole Senior has been an accredited nutritionist for more than 20 years and is also an accredited practicing dietitian. She loves translating the complexity of nutrition into practical, do-able advice that makes sense to her audience. She has also helped put food and environment issues, such as food sustainability and climate change,