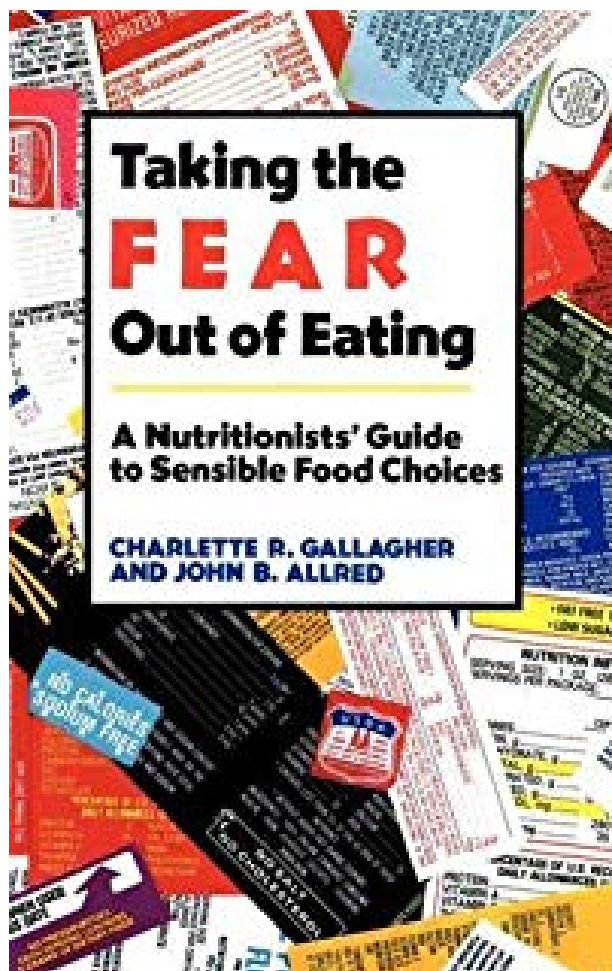


Taking the Fear Out of Eating



Author:	Charlette Gallagher
Genre:	Uncategorized
ISBN13:	9780521431248
Goodreads Rating:	3.00
Published:	May 25th 2012 by Cambridge University Press
Language	English
Pages:	312
ISBN10:	0521431247

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Nutrition is a hot topic in the media as well as in the market place. But how much of the information given to the consumer is hype and how much is accurate? In *Taking the Fear out of Eating*, two established scientists have distilled the information from thousands of scientific studies into a succinct, easily read description of what is known, what is merely suspected, and, importantly, what is not known about nutrition and how food choices might affect health. The book takes a hard look at both sides of the controversy about the connection between food and health, with particular emphasis on diet and the chronic diseases of cancer and heart disease. Food is of course essential to our survival but our food supply is often portrayed as dangerous--loaded with additives, pesticides, salt, sugar, fat, and cholesterol. *Taking the Fear out of Eating* puts these topics into perspective in an authoritative and entertaining manner. This is a book that everyone will find relevant to their current eating habits.