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Nota di contenuto	Introduction -- TO BEGIN WITH, SOME DEFINITIONS -- A QUICK OVERVIEW -- Part I: What Is Soda? Why Advocacy Is Needed -- Chapter 1: Sodas: Inside Those Containers -- SODAS: NUTRITION FACTS -- SODA INGREDIENTS -- Carbonated Water -- Sugars: High-Fructose Corn Syrup and Sucrose -- Caramel Color -- The Minor Ingredients -- Phosphoric and citric acids -- Caffeine -- Natural flavors -- BUT SURELY COKE AND PEPSI DON'T TASTE THE SAME? -- Fountain Drinks: Pouring Money -- DIET SODAS -- Chapter 2: Soda Drinkers: Facts and Figures -- SODA PRODUCTION: UNITED STATES -- SODA PRODUCTION: INTERNATIONAL -- SODAS CONSUMED -- Chapter 3: The Sugar(s) Problem: More Facts and Figures -- AMOUNTS: TOO MUCH -- SUGAR TRENDS: FALLING, BUT NOT ENOUGH -- SUGAR TRENDS: FALLING BUT UNDERESTIMATED, DELIBERATELY -- SUGAR CALORIES: EMPTY AND LIQUID -- FRUCTOSE: METABOLIZED LIKE ALCOHOL -- ARE SUGARS- AND SODAS-ADDICTIVE? -- Part II: Sodas and Health -- Chapter 4: Dietary Advice: Sugars and Sugary Drinks -- USDA'S FOOD GUIDES -- A DIGRESSION: "OTHER SWEET DRINKS" -- THE CONTROVERSIAL "PERCENT OF CALORIES" SUGAR RECOMMENDATION -- Chapter 5: The Health Issues: Obesity, Diabetes, and More -- GUILT BY ASSOCIATION -- MORE CALORIES -- CHILDHOOD OBESITY -- ADULT OBESITY --

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Sommario/riassunto

Sodas are astonishing products. Little more than flavored sugar-water, these drinks cost practically nothing to produce or buy, yet have turned their makers - principally Coca-Cola and PepsiCo - into multibillion dollar industries with global recognition, distribution, and political power. So how did something so cheap come to mean so much and to have such devastating health and food policy consequences? Soda Politics is a story of the American food system at work, written by the incomparable NYU scholar and public health champion Marion Nestle. It is the first book to focus on the history, politics, nutrition, and health impact of soda, asking how we created this system, what its problems are, and what we can do to change things.

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