

1. Record Nr.	UNINA9910958181803321
Autore	Nestle Marion
Titolo	Why calories count : from science to politics // Marion Nestle and Malden Nesheim
Pubbl/distr/stampa	Berkeley, : University of California Press, c2012
ISBN	9786613520913 9781784024451 1784024457 9781280116629 1280116625 9780520952171 0520952170
Edizione	[1st ed.]
Descrizione fisica	1 online resource (300 p.)
Collana	California studies in food and culture ; ; 33
Classificazione	CKB000000
Altri autori (Persone)	NesheimMalden C
Disciplina	613.2 613.23
Soggetti	Food - Caloric content Food consumption
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Frontmatter -- Contents -- Introduction -- Part One. Understanding Calories: It All Starts with the Science -- Part Two. Why You Need Calories: Survival, Warmth, and Work -- Part Three. Calorie Intake and Its Regulation -- Part Four. Too Few Calories -- Part Five. Too Many Calories -- Part Six. The Politics of Calories: A Closer Look -- Conclusion: How to Cope with the Calorie Environment -- Appendix One. Selected Events in the History of Calories, 1614 - 1919 -- Appendix Two. The Respiratory Quotient (RQ) -- Appendix Three. Frequently Asked Questions -- Notes -- List of Tables -- List of Figures -- Acknowledgments -- Index
Sommario/riassunto	Calories-too few or too many-are the source of health problems affecting billions of people in today's globalized world. Although calories are essential to human health and survival, they cannot be seen, smelled, or tasted. They are also hard to understand. In Why Calories Count, Marion Nestle and Malden Nesheim explain in clear and

accessible language what calories are and how they work, both biologically and politically. As they take readers through the issues that are fundamental to our understanding of diet and food, weight gain, loss, and obesity, Nestle and Nesheim sort through a great deal of the misinformation put forth by food manufacturers and diet program promoters. They elucidate the political stakes and show how federal and corporate policies have come together to create an "eat more" environment. Finally, having armed readers with the necessary information to interpret food labels, evaluate diet claims, and understand evidence as presented in popular media, the authors offer some candid advice: Get organized. Eat less. Eat better. Move more. Get political.
