

# FUNCTIONAL FOODS & CULTURED MEAT

# WHAT ARE FUNCTIONAL FOODS?

## Functional Food:

a food-based product that provides a demonstrable physiological benefit beyond its dietary or nutritional value.

## IF GIVEN THE CHOICE WOULD YOU BUY SOMETHING WITH ADDED VITAMINS, MINERALS, ETC., OVER SOMETHING WITHOUT?

1. *Yes*
2. *No*

# PROBLEMS WITH FUNCTIONAL FOODS

1. Efficacy
2. Treating food as medicinal
3. Market forces

## EFFICACY

1. They don't work very well
2. When they do work, their health & nutritional benefits are less significant than their advocates would have us believe

*the very reductivist premise of functional foods—that food is the kind of thing that can be understood in terms of its component parts—is mistaken. When food is understood in terms of parts rather than wholes it usually does not deliver its promised effect as well as conventional food (Kaplan, 180)*

- However, functional foods do sometimes present simple and effective ways of addressing the effects of otherwise significant and complex underlying problems

## FOOD AS MEDICINE

1. Functional Foods blur the line between food and medicine
2. Very poor regulatory oversight for food as compared to medicine
3. The current burden of proof placed on the consumer to demonstrate a product is unsafe is unfair and unreasonable

## THE ROLE OF THE MARKET

1. It is in the interest of the food market to make us eat more than we need
2. It is in the interest of the food market to fortify or otherwise process food to add value for which it can charge higher prices
  - fortified OJ, rice, etc.
  - markets and the interests of public health are compatible so long as no greater harms are inflicted, capacities diminished, or rights abused
3. Market mechanisms are "fickle"
  - markets are not designed to solve health problems
    - the interests of the market do not coincide with public health interests

*commercial interests have the potential to transform how we eat and how we care for ourselves, yet the very future of food is in the hands of those who may not have our best interests in mind. That may be the most important thing wrong with functional foods. (Kaplan, 185)*



# MEAT WITHOUT ANIMALS

## TECHNOLOGY CAN CREATE & SOLVE MORAL PROBLEMS

- New technologies raise moral questions that did not exist prior to the technological discovery
  - Organ transplantation
  - In vitro fertilization & stem cell research
- New technologies can resolve moral issues



## POSITIVE FEATURES OF CULTURED MEAT

- Lower environmental impact than beef cattle
- Reduced land use
- Reduced animal suffering



## NEGATIVE FEATURES OF CULTURED MEAT

- Cultured meat is 'unnatural'
- Higher environmental impact than avoiding meat altogether
- Requires significant sources of industrial energy (e.g. fossil fuels)

*animals must perform a variety of functions to build muscle mass: They must digest food, circulate nutrients and oxygen, maintain an optimal body temperature, and protect against disease. Food energy fuels these processes in organisms, but carneries will have to use industrial energy, i.e. fossil fuels, to accomplish the same tasks. For example, unlike animals, meat grown in a factory will not have an immune system. That means everything that touches it must be sterilized to avoid contamination with harmful microbes. Both heating water and using chemicals for sterilization could require a great deal of energy. (Maattick, Landis, & Allenby)*

## WHEN IS MEAT MEAT?

- Is cultured meat vegan? vegetarian?

