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## Nutritionism: The Science and Politics of Dietary Advice

By Gyorgy Scrinis

Columbia University Press. Paperback. Book Condition: new. BRAND NEW, Nutritionism: The Science and Politics of Dietary Advice, Gyorgy Scrinis, Popularized by Michael Pollan in his best-selling *In Defense of Food*, Gyorgy Scrinis's concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food--an approach that has dominated nutrition science, dietary advice, and food marketing. Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality, such that even highly processed foods may be perceived as healthful depending on their content of "good" or "bad" nutrients. Investigating the butter versus margarine debate, the battle between low-fat, low-carb, and other weight-loss diets, and the food industry's strategic promotion of nutritionally enhanced foods, Scrinis reveals the scientific, social, and economic factors driving our modern fascination with nutrition. Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century. He begins with the era of quantification, in which the idea of protective nutrients, caloric reductionism, and vitamins' curative effects took shape. He follows with the era of good and bad nutritionism, which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients; and...



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