

**WHY CALORIES COUNT: FROM SCIENCE TO POLITICS  
(CALIFORNIA STUDIES IN FOOD AND CULTURE)**

Lauren Goupil

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**Why calories count : from science to politics**

Why Calories Count by Marion Nestle, Malden Nesheim. Download Why Calories Count From Science to Politics California Studies in Food and Culture .

Order from your local independent bookstore or University of California Press or Reviews, interviews, and commentary on Why Calories Count . a wider cultural and political context to help us think meaningfully about the food our lives depend upon. Food-security Food-stamps Food-studies Food-supply Food-systems.

Why Calories Count: From Science to Politics (California Studies in Food and Culture Book 33) (English Edition) eBook: Marion Nestle, Malden Nesheim.

List Price \$ Paperback On Its Way. Order. Why Calories Count: From Science to Politics (California Studies in Food and Culture).

California studies in food and culture ; Summary: "Calories--too few or too many--are the source of health problems affecting billions of people in today's.

Related books: [The 7-Day Dating and Relationship Plan for Gay Men: Practical Advice from the Gay Matchmaker](#), [The Righter: A short story](#), [Controcorrente \(Il Giallo Mondadori\) \(Italian Edition\)](#), [Sustained by Grace](#), [The Cry God Hears](#), [Engineering Consensus: The Syntax of Consumerism](#).

It is essential reading not only for people interested in food policy, but for everyone who wants to eat well and be. They say there is some evidence that the less calories you eat the longer you'll live, but they don't give you a specific calorie range to follow. Not too dry or science-y.

I always find them interesting and easy to read. Eat less, move. 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:

This book won't give you the push you might need to actually do something, but 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.