

CONTENTS

	PAGE
	PREFACE 7
1 FROM SOUP TO NUTS	8
<i>Picture Essay: One Man's Meat . . .</i> 16	
2 FILLING THE LARDER	32
<i>Picture Essay: The American Cornucopia</i> 42	
3 FIRE, SPICE AND ICE—THE PRESERVERS	56
<i>Picture Essay: Food from the Factory</i> 64	
4 MIRACLE OF DIGESTION	80
<i>Picture Essay: The Human Nutrition Machine</i> 88	
5 THE GREAT VITAMIN MYSTERY	102
<i>Picture Essay: Campaign against a Child Killer</i> 116	
6 DISEASES OF FEAST	126
<i>Picture Essay: Too Many Calories: A Gargantuan Problem</i> 136	
7 FOOD FADS AND FRAUDS	148
<i>Picture Essay: Nutrition Fit for a King</i> 158	
8 FEEDING THE FAMILY OF MAN	168
<i>Picture Essay: The Race to Beat Famine</i> 176	
	193
THE ORIGINS OF FOODSTUFFS	
	194
THE COMPOSITION OF FAMILIAR FOODS	
	196
FURTHER READING AND ACKNOWLEDGEMENTS	
	197
INDEX	
	200
PICTURE CREDITS	