

CONTENTS

UNIT 1

To the Reader	
Topic Guide	2
Overview	4
1. Consumer Nutrition and Food Safety Trends 1996	6
2. The 1995 Dietary Guidelines: Changes and Implications	11
3. The Food Pyramid: How to Make It Work for you	16
4. The Not-So-Great Jmediterranean Diet Pyramid	19
5. Phytochemicals: Drugstore in a Salad?	24
6. Taking Soy to Heart	26
7. Taking the Fat Out of Food	28
8. Fast Food: Fatter than Ever	33
9. Genetic Engineering: Fast Forwarding to Future Foods	36
10. Genetically Altered States	42
11. Alcohol: Spirit of Health?	43

UNIT 2 Nutrients

Overview	46
12. Should You Be Eating More Protein-or Less?	48
13. What's Wrong with Sugar?	514
14. The Facts about Fats	54
15. Food for Thought about Dietary Supplements	59
16. Vitamin A: Pregnancy Hazard?	67
17. The Trials of Beta-Carotene: Is the Verdict In?	68
18. Vitamin E.	71
19. Vitamin C: Is Anyone Right on Dose?	73
20. Special Report: Iron Overkill	76
21. Fiber	78

UNIT 3 Through the Life Span: Diet and Disease

Overview	
22. Nutritional Implications of Ethnic and Cultural Diversity	82
23. Breast-Feeding Best Bet for Babies	87
24. Kids Just Want to Have Fun	91
25. Teens at Risk: Nutrition Issues for the '90s,	94
26. Boning Up on Osteoporosis,	99
27. Is Butter Really Better for Me?	105
28. Health Implications of Vegetarian Diets	108

## UNIT 4 Fat and Weight Control

Overview	114
29. Obesity: No Miracle Cure Yet,	116
30. New Study Questions Weight Guidelines	120
31. New Study Finds Higher Weight Protects Elderly	124
32. Dieting and Weight Loss Increase Osteoporosis Risk	125
33. Losing Weight Safely	128
34. Surgery for Obesity	132
35. The New Paradigm of Trust	134

## UNIT 5 Food Safety

Overview	136
36. Foodborne Illness: Role of Home Food Handling Practices	138
37. New Risks in Ground Beef Revealed	148
38. Botulinum Toxin,	152
39. Mad Cow Madness	156
40. How Much Are Pesticides Hurting Your Health?	158
41. New Scientific Review Reaffirms Safety of MSG	160
42. After the Glow	161
43. Naturally Occurring Toxins: Part of a Balanced Diet?	164

## UNIT 6 Health Claims

Overview	168
44. How Quackery Sells	170
45. Changing Channels	175
46. Confessions of a Former Women's Magazine Writer	178
47. Food for Thought: Can You Trust Your Favorite Magazine to Tell You What to Eat?	182
48. Why Do Those #&*?@! "Experts" Keep Changing Their Minds?	186
49. Vitamin Pushers and Food Quacks	189
50. Supplement Bill Passes	196
51. Supplements Are Unnecessary to Enhance Athletic Performance	198
52. Nutrition Shortcut in a Can?	201
53. Herbal Roulette	203
54. Herbal Warning	210

## UNIT 7 Hunger and Global Issues

Overview	214
55. Averting a Global Food Crisis	216
56. Nibbling at Famine's Edge	224
57. Federal Food Assistance Programs: A Step to Food Security for Many	226
58. Thunder in the Distance	233
59. Modern Farming Yields Bountiful Fields of Dreams	236
Glossary	238

Index	241
Article Review Form	244
Article Rating Form	245