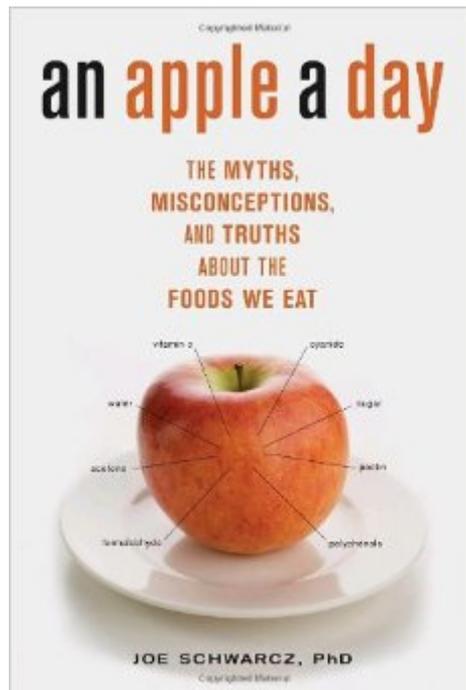


The book was found

# An Apple A Day: The Myths, Misconceptions, And Truths About The Foods We Eat



## Synopsis

Eat salmon. It's full of good omega-3 fats. Don't eat salmon. It's full of PCBs and mercury. Eat more veggies. They're full of good antioxidants. Don't eat more veggies. The pesticides will give you cancer. Forget your dinner jacket and put on your lab coat: you have to be a nutritional scientist these days before you sit down to eat "which is why we need Dr. Joe Schwarcz, the expert in connecting chemistry to everyday life. In *An Apple a Day*, he's taken his thorough knowledge of food chemistry, applied it to today's top food fears, trends, and questions, and leavened it with his trademark lighthearted approach. The result is both an entertaining revelation of the miracles of science happening in our bodies every time we bite into a morsel of food, and a telling exploration of the myths, claims, and misconceptions surrounding our obsession with diets, nutrition, and weight. Looking first at how food affects our health, Dr. Joe examines what's in tomatoes, soy, and broccoli that can keep us healthy and how the hundreds of compounds in a single food react when they hit our bodies. Then he investigates how we manipulate our food supply, delving into the science of food additives and what benefits we might realize from adding bacteria to certain foods. He clears up the confusion about contaminants, examining everything from pesticide residues, remnants of antibiotics, the dreaded trans fats, and chemicals that may leach from cookware. And he takes a studied look at the science of calories and weighs in on popular diets.

## Book Information

Hardcover: 368 pages

Publisher: Other Press; 1 edition (January 13, 2009)

Language: English

ISBN-10: 1590513118

ISBN-13: 978-1590513118

Product Dimensions: 6.3 x 1.4 x 9.4 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #1,354,609 in Books (See Top 100 in Books) #43 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#) #8933 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #31295 in [Books > Science & Math > Biological Sciences](#)

## Customer Reviews

"Phew! That was a lot to digest, wasn't it?" Those are the words author Joe Schwarcz uses at the

conclusion of his book which is jam-packed with the latest data, debates, and drama about the foods (and chemicals therein) we eat. His book is indeed a full-course meal...and then some. First, he leads us through a tour of naturally occurring substances in our food supply, including flax, fiber, omega-3 fats, antioxidants, flavanols, vitamins, and minerals. Next, he presents the most controversial issues related to the manipulation of our food supply: fortifying with iron and fluoride; sweetening with natural and artificial sweeteners; manipulating genes in our food; and preserving with sulphites, viruses, and radiation. Then, he takes us up close and personal with the contaminants in our food supply, including pesticides, hormones, BPA, PCBs, and dioxins. And, finally, Joe leads us through the nutritional hype surrounding some of the latest nutritional fads such as goji juice, detoxing, DHEA, and green tea. It's likely your head will be spinning after consuming all the nutritional chemistry, controversy and commentary that Joe serves up. (And, to answer his question above: yes, it is a lot to digest!) He does do an impressive job in guiding us through the maze of myths, misconceptions and truths about the foods we eat, but--as food science is rarely a conclusive one--be prepared to be confused at times. Fortunately, Joe offers relief at the end of the book, to help us digest it all: "There is more to life than worrying about every morsel of food we put into our mouths. What matters is the overall diet..."

If you have certain existing beliefs about the efficacy of certain foods, you will most likely find yourself maddened or upset with certain chapters, but there are a lot of good points made throughout the book to make up for it. As there are 67 short chapters on everything from milk, to flax, to pesticides and artificial sweeteners, there is a little bit of something for everybody with questions about the science of food. I can honestly say that the majority (though not all) of it falls in line with the research I've personally gone through on a variety of the subject matter. One of the pitfalls of nutrition though is reductionism (science at its core being), whereby we are more and more starting to view food as chemical compounds, rather than food. You don't eat calcium (unless it's a supplement), you consume food. Overall this book is a good reference book that offers the scientists point of view on food. Like it or not we have entered a scientific food era, and as the world's population increases so will our nutritional demands and the impact of science on that (somewhat unfortunately) will be prevalent as we try to squeeze more efficiency out of limited amounts of land, while trying to minimize our environmental impact and other public health factors. Luckily enough you still have a choice surrounding the other 'non-scientific' components of food, like where your food comes from, what conditions was it raised in, where will you eat it, and with whom. Take this book as only one very small component of diet and nutrition. Two of the most important concepts: 1 -

Toxicity (Poison) is a matter of dosage.

[Download to continue reading...](#)

An Apple A Day: The Myths, Misconceptions, and Truths About the Foods We Eat An Apple a Day: The Myths, Misconceptions, and Truths About the Foods We Eat Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Coconut Oil and Apple Cider Vinegar: 28 Mind Blowing Uses for Coconut Oil and Apple Cider Vinegar (The Apple Cider Vinegar and Coconut Oil Bible - Amazing Benefits, Many Uses, and Natural Cures) Apple Watch: The Ultimate Apple Watch User Guide - Discover How To Use Apple Watch Apps, Easy User Manual, With Secret Tips And Tricks! (Iphone, Apps, Ios) Apple Watch: Apple Watch User Guide, Secrets & Tips (Apple Manual Book) Alzheimer's and Dementia - Facts, Myths and Misconceptions: The complete beginner's guide for caregivers GMO Myths and Truths: A Citizen's Guide to the Evidence on the Safety and Efficacy of Genetically Modified Crops and Foods, 3rd Edition Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Eat Smart: What to Eat in a Day - Every Day 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment Apple Cider Vinegar Miracle Handbook: The Ultimate Health Guide to Silky Hair, Weight Loss, and Glowing Skin! How to Use Apple Cider Vinegar to ... Burn and Arthritis Plus find more Benefits. Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods iPhone 6: Apple iPhone 6 Beginners Guide - Learn How To Use And Get The Most Out Of Your iPhone 6 & iPhone 6S (Apple, IOS, iPhone 6/6s/6 Plus) Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart)

[Dmca](#)