

Why We Crave Junk Food

February 27, 2009

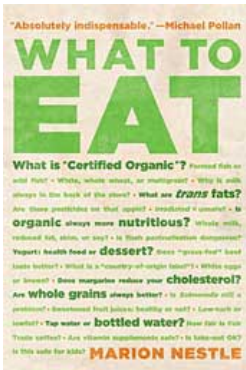
Resource List

Compiled by Caroline Shugart, USU Be Well Program

www.usu.edu/wellness



Books:

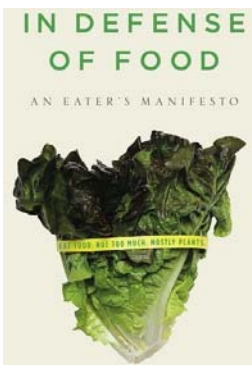


Nestle, Marion. *What to Eat*. New York: North Point Press (Farrar, Straus and Giroux), 2006. Paperback: 2007.*

This book is a new guide for a new era in American food and nutrition – the one book that tells you everything you need to know about food, with clarity, insight, wit, and wisdom. In concise chapters, she explains everything we need to know about food – from produce, meats, and dairy to take-out and bottled water – all with her characteristic blend of expertise, skepticism, humor, and delight in the pleasures of the table. *From the back cover.*

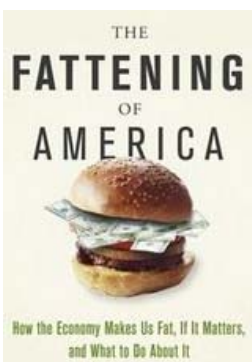
Nestle, Marion. *Food Politics: How the Food Industry Influences Nutrition and Health*. Berkeley: University of California Press, 2002. Paperback: 2003.*

Marion Nestle, a professor of nutrition at New York University, has been called one of the nation's smartest and most influential authorities on nutrition and food policy and was featured in the film *Super Size Me*.



Pollan, Michael. *In Defense of Food: an Eater's Manifesto*. New York: The Penguin Press, 2008.*

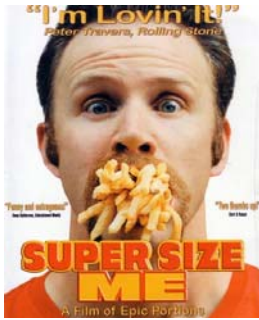
"Food. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because most of what we're consuming today is not food, and how we're consuming it -- in the car, in front of the TV, and increasingly alone -- is not really eating. Instead of food, we're consuming "edible foodlike substances" -- no longer the products of nature but of food science. Many of them come packaged with health claims that should be our first clue they are anything but healthy. In the so-called Western diet, food has been replaced by nutrients, and common sense by confusion." *M. Pollan.*



Finkelstein, Eric & Zuckerman, Laurie. *The Fattening of America*. John Wiley & Sons: 2008.

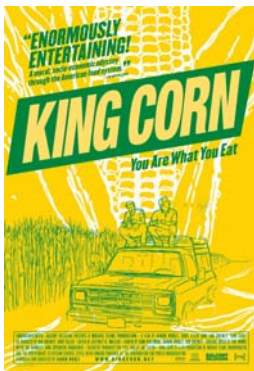
Over two-thirds of Americans are overweight or obese. But what's remarkable about the obesity epidemic is not just the volume of Americans who have tipped their scales – it's the velocity at which we're doing it. This book discusses the economic drivers behind the crisis, and how it is making America less competitive globally, how it will help bankrupt the Medicare and Medicaid programs, and increase our taxes. America needs to make it cheaper and easier to be thin. *From the back cover.*

Movies:



Spurlock, Morgan. *Super Size Me** (2004)

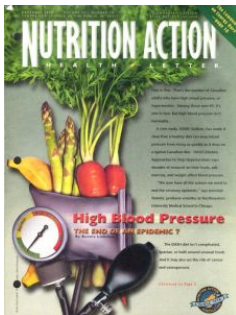
“Why are Americans so fat? Two words: fast food. What would happen if you ate nothing but fast food for an entire month? Filmmaker Morgan Spurlock does just that and embarks on the most perilous journey of his life... Spurlock's grueling drive-through diet spirals him into a physical and emotional metamorphosis that will make you think twice about picking up another Big Mac.” *Review by [Sujit R. Varma](#)*



Cheney, Ian & Ellis, Curt. *King Corn** (2008)

“King Corn is a documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food industry. With the help of friendly neighbors, genetically modified seeds, and powerful herbicides, they plant and grow a bumper crop of America's most-productive, most-subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat-and how we farm. This movie identifies the troubling relationship between high-fructose corn syrup, obesity, and Type 2 diabetes.” *King Corn Trailer*

Websites:



www.cspinet.org

The *Center for Science in the Public Interest* is an independent nonprofit consumer health group which advocates honest food labeling and advertising, a safe food supply, and nutritious foods. The CSPI does not accept any advertising money or endorsements.

*Nutrition Action Health Letter**

“Nutrition Action is the master-mind critic that sounded the food alarms.” *Oprah Winfrey*

“My personal favorite is Nutrition Action.” *Jane Brody, The New York Times*



www.calorieking.com

The Food Database holds the nutritional information for over 50,000 generic and brand name foods (including over 260 fast-food chains). Nutrient data includes calorie count charts, fat content, fiber, protein and more. This is a free and easy to use resource.

*These materials (and other books, videos, magazines and CDs) are available at the USU [Be Well](#) Library in the Merrill-Cazier Library for checkout by USU employees and students.