



# Fear of Food: A History of Why We Worry about What We Eat

By Harvey Levenstein

University Of Chicago Press. Paperback. Book Condition: New. Paperback. 228 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. There may be no greater source of anxiety for Americans today than the question of what to eat and drink. Are eggs the perfect protein, or are they cholesterol bombs and 160;Is red wine good for my heart or bad for my liver Will pesticides, additives, and processed foods kill me and 160;Here with some very rare and very welcome advice is food historian Harvey Levenstein: Stop worrying! In Fear of Food Levenstein reveals the people and interests who have created and exploited these worries, causing an extraordinary number of Americans to allow fear to trump pleasure in dictating their food choices. He tells of the prominent scientists who first warned about deadly germs and poisons in foods, and their successors who charged that processing foods robs them of life-giving vitamins and minerals. These include Nobel Prize and ndash;winner Eli Metchnikoff, who advised that yogurt would enable people to live to be 140 by killing the life-threatening germs in their intestines, and Elmer McCollum, the and ldquo;discoverer and rdquo; of vitamins, who tailored his warnings about vitamin deficiencies to suit the food producers who funded...



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