

QUIZ: *In Defense of Food* 1-58

1. In one sentence, what is *nutritionism*?
Nutritionism is an attempt to understand food by reducing diet and food to the nutrients that make up the food.
2. How did the publication of *Dietary Goals for the United States* affect that way that Americans approach food and eating?
The *Dietary Goals for the United States* were based on faulty data and were written in such a way as to blame Western diseases on nutrients instead of whole foods or bad relationships to food. As a result, the food industry and the media (and the public soon after) latched onto the idea that some nutrients are good, others are bad, and Americans should choose their foods based on their nutrient value and not the traditional rules we've used to feed ourselves in the (distant) past.
3. What was the effect of the Food and Drug Administration repealing the imitation food labeling rule?
Food makers can label imitation foods as the real thing as long as the "nutritional value" of the imitation is the same as the whole food. Shoppers now have more difficulty evaluating whether they are buying whole foods.
4. What is the "lipid hypothesis?"
The lipid hypothesis is that eating fat and cholesterol, particularly saturated fat from animals, is causing the rise in heart disease that Americans have suffered over the last century.
5. Why was margarine invented?
Margarine was invented as a substitute for solid butter that had unsaturated fats instead of saturated fats. It also turned out to be cheaper to produce than butter and it was easier to add individual nutrients to margarine than butter.
6. What were the conclusions of the paper "Types of Dietary Fat and Risk of Coronary Heart Disease: A Critical Review?"
The study concluded that low fat diets do not reduce risk of heart disease. In fact, they encourage the consumption of trans fats which are confirmed to alter cholesterol ratios in the blood.
7. Why might have Americans "got fatter on their low-fat diet" in the decades after 1977?
Americans may have gotten more obese on their low-fat diet because not only are they eating low-fat foods but they are also eating *more* low-fat

food. Americans' approach to eating is that if a food is healthy, eating more of that food is even healthier.

8. What have Americans lost as they embraced nutritionist eating habits?
Focusing on nutrients instead of food puts more emphasis on the nutrients and calories and less emphasis on the whole food, the whole meal, and the culture of eating with other people.

Biology / Fitzgerald

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