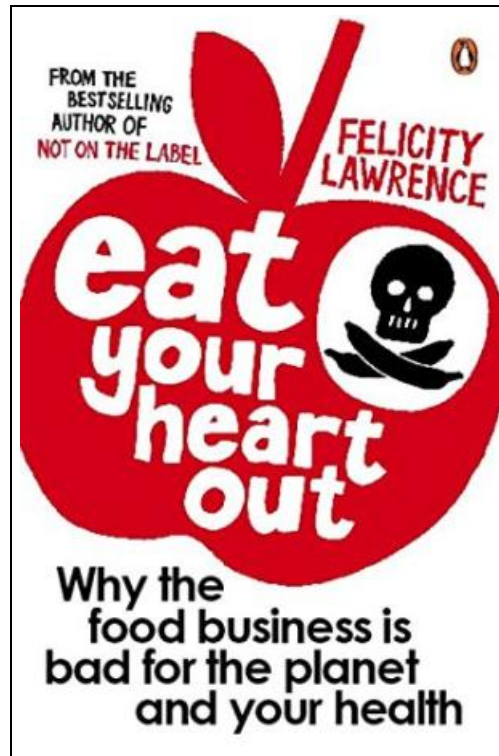


## Eat Your Heart Out: Why the Food Business is Bad for the Planet and Your Health



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## EAT YOUR HEART OUT: WHY THE FOOD BUSINESS IS BAD FOR THE PLANET AND YOUR HEALTH



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Penguin Books Ltd, United Kingdom, 2008. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. Why is it. That almost all the processed foods we eat contain the same handful of ingredients? That these handful of ingredients are produced by only a handful of multi-nationals? That some cereals contain more salt per serving than a packet of crisps? That served with milk, sugar and raisins, some cardboard packets have been said to be more nutritious than the cereal they contain? That there are half the number of dairy farms in the UK than there were 10 years ago? That over the same period the turnover of the top 20 global dairy corporations has increased by 60 ? That over 60 of all processed foods in Britain contain soya? That the UK government s Committee on the Toxicity of Food judged that eating soya could have hormone-disrupting effects? That in 1970, a hundred grams of an average chicken contained less than 9 grams of fat, but today it contains nearly 23 grams of fat? That the amount of protein in that chicken has fallen by more than 30 ? That children aged 4-14 in the UK get 16-17 of their daily calories from processed sugars? That the World Health Organisation s recommended limit is 10 ? That industrialised farming uses 50 times more energy than traditional farming? That livestock farming creates greater carbon emissions than all of global transport put together? That some salmon farmers dye their fish? That sugar could be as bad for you as tobacco? That you might have been better off eating butter rather than margarine all along? That industrial processing removes much of the nutritional value of the food it produces? That by changing our diets we could reduce cancers by a...



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