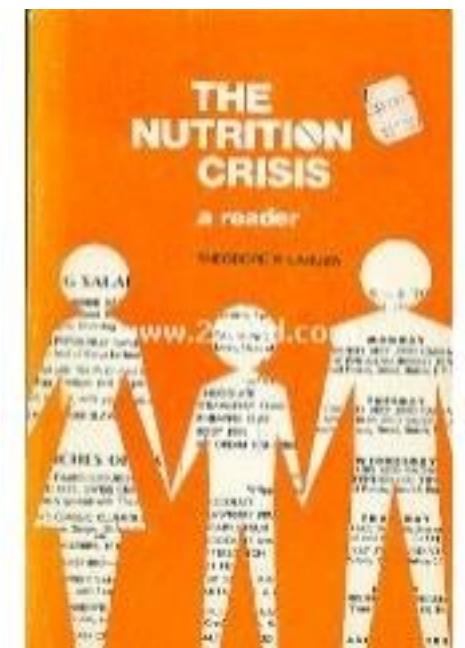


The Nutrition Crisis: A Reader



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Preface
Recently while reading a book on the energy crisis I found the Chinese meaning of the word crisis. The ideograms used to compose the word are a combination of the symbols for danger and opportunity. This gave me the idea for the thread that runs through this reader on nutrition. In teaching a beginning course on nutrition to liberal arts students I have been confronted continuously in my lectures with the crisis of widely divided viewpoints on the same supposed fact. A problem existed in compiling a list of articles for the students to read which gave the opposing viewpoints on each of the topics in question. The articles were in quite diverse journals which would make it difficult for students to find. Thus I felt that it would be helpful to compile a reader of not-too-technical articles which would cover some of the

controversial areas in the field of nutrition. A student of mine made it possible since her husband was a publisher. The book covers a wide range of topics. It begins with an explanation of the Recommended Dietary Allowances (RDA) and a discussion of the nutritional status of the U. S. population with respect to this RDA follows. The malnutrition observed in this country has in fact led to a 1974 Senate hearing on nutrition. It has become clear that a danger exists for members of our population who are malnourished but many opportunities exist to eliminate this crisis. Other danger areas covered include the misuse of vitamins the unwarranted prejudice against sugar cereals which possibly is depriving some children of breakfast the misconception that organic foods are better than processed foods the relation of diet to heart disease and the interest in fad diets. In each case an attempt has been made to select articles that present the opposing viewpoints and draw conclusions which would lead to the opportunity of improved health. This controversy is no better related than in the chapter on heart disease and cholesterol. The final articles peer to the future by examining our world status today. Will there be enough food do we have enough energy to process it and vii

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