

# Twinkie, Deconstructed



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A pop-science journey into the surprising ingredients found in most common packaged foods

Like most Americans, Steve Ettlinger eats processed foods. And, like most consumers, he didn't have a clue as to what most of the ingredients on the labels mean. So when his young daughter asked, "Daddy, what's polysorbate 60?" he was at a loss—and determined to find out.

From the phosphate mines in Idaho to the oil fields in China, *Twinkie, Deconstructed* demystifies some of the most common processed food ingredients—where they come from, how they are made, how they are used—and why. Beginning at the source (hint: they're often more closely linked to rock and petroleum than any of the four food groups), we follow each Twinkie ingredient through the process of being crushed, baked, fermented, refined, and/or reacted into a totally unrecognizable goo or powder—all for the sake of creating a simple snack cake.

An insightful exploration of the modern food industry, if you've ever wondered what you're eating when you consume foods containing mono- and diglycerides or

calcium sulfate (the latter a food-grade equivalent of plaster of paris), this book is for you.

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