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bombard us with such amazing claims, report them as science, and influence what we eat. Yet, as Marion Nestle explains, these studies are more about marketing than science; they are often paid for by companies that sell those foods. Whether it's a Coca-Cola-backed study hailing light exercise as a calorie neutralizer, or

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blueberry-sponsored
investigators proclaiming
that this fruit prevents
erectile dysfunction,
every corner of the food
industry knows how to
turn conflicted research
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argues, it's time to put
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From the coauthor of
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author of the New York
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up, *Whole Despite*
extensive research and
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ever—about the foods we eat, what good nutrition looks like, and what it can do for our health. In *The Future of Nutrition*, T. Colin Campbell cuts through the noise with an in-depth analysis of our historical relationship to the food we eat, the source of our present information overload, and what our current

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path means for the future—both for individual health and society as a whole. In these pages, Campbell takes on the institution of nutrition itself, unpacking:

- Why the institutional emphasis on individual nutrients (instead of whole foods) as a means to explain nutrition has had catastrophic

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consequences • How our reverence for "high quality" animal protein has distorted our understanding of cholesterol, saturated fat, unsaturated fat, environmental carcinogens, and more

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Many nutrition science and food production myths and misconceptions dominate the health and fitness field, and many athletes and active consumers unknowingly embrace a myriad of what can be deemed “junk science” which has now infiltrated many

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related science fields.

Consumers simply have no reliable source to help them navigate through all the hype and fabrication, leaving them vulnerable to exploitation. The aim of *The Myths About Nutrition Science* is, then, to address the quagmire of misinformation which is so pervasive in this area. This will enable the

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reader to make more objective, science-based lifestyle choices, as well as physical training or developmental decisions. The book also enables the reader to develop the necessary critical thinking skills to better evaluate the reliability of the purported “ science ” as reported in the media and health-related magazines or

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