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(Chapter 1)

The Carbohydrates
(Chapter 4) The Lipids
(Chapter 5) Digestion,
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(Chapter 6) The

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Paperback – 9 April

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and debates

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nutrition science and
contemporary data

sources. The book
assumes that the

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not just the economic interests of farmers and food producers but also includes nutrition, sustainable agriculture, food justice, the environment and food security. The goal is to make U.S. food policy more comprehensible to those inside and outside the agri-food

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guidance, food labeling, advertising and federal food assistance programs for the poor. The author is an agricultural economist with many years of experience in the nonprofit advocacy sector, the U.S. Department of Agriculture and as a professor at Tufts

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University. The author's blog on U.S. food policy provides a forum for discussion and debate of the issues set out in the book.

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activity and disposition, and behavior impacting diet and food intake.

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caffeine, herbal
supplements and
alcohol are discussed
in the final section.

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