

MORGAN SPURLOCK

Producer, director, and guinea pig of the Academy Award®-nominated **SUPER SIZE ME**

DON'T EAT THIS BOOK

**Fast Food and the
Supersizing of America**



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Dont Eat This Book Fast Food And The Supersizing Of America

J. Douglas Bremner



Dont Eat This Book Fast Food And The Supersizing Of America:

Don't Eat This Book Morgan Spurlock, 2006-05-02 Don't eat this groundbreaking hilarious book but if you care about your country's health your children's and your own you better read it For thirty days Morgan Spurlock ate nothing but McDonald's as part of an investigation into the effects of fast food on American health The resulting documentary earned him an Academy Award nomination and broke box office records worldwide But there's more to the story and in *Don't Eat This Book* Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education He looks at why fast food is so tasty cheap and ultimately seductive and interviews experts from surgeons general and kids to marketing gurus and lawmakers who share their research and opinions on what we can do to offset a health crisis of supersized proportions

Don't Eat This Book Morgan Spurlock, 2008-09 For 30 days Spurlock ate nothing but McDonald's as part of an investigation into the effects of fast food on American health The resulting documentary earned him an Academy Award nomination and broke box office records worldwide In this book Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education He looks at why fast food is so tasty cheap and ultimately seductive and interviews experts from surgeons general and kids to marketing gurus and lawmakers who share their research and opinions on what we can do to offset a health crisis of supersized proportions This fact packed and humorous book has been praised as A powerful work of reporting and punditry

Diets and Dieting Sander L. Gilman, 2008-01-23 Diets and dieting have concerned and sometimes obsessed human societies for centuries The dieters regime is about many things among them the control of weight and the body the politics of beauty discipline and even self harm personal and societal demands for improved health spiritual harmony with the universe and ethical codes of existence In this innovative reference work that spans many periods and cultures the acclaimed cultural and medical historian Sander L Gilman lays out the history of diets and dieting in a fascinating series of articles

Winning the Food Fight Steve Willis, Ken Walker, 2011-12-14 Celebrity chef Jamie Oliver brought his mini series Jamie Oliver's Food Revolution to Huntington West Virginia the fattest city in America But long before the small town was on the chef's radar one pastor had already begun to pray for Huntington's spiritual and physical transformation *Winning the Food Fight* is pastor Steve Willis insider look at the divine timing of Jamie Oliver's visit and a backstage pass to the events that are changing the heart and health of an all American city Readers will encounter the stories of real people who have made the connection between spiritual wellness and physical health and be inspired to begin their own journey toward God honoring transformation using Pastor Steve's practical biblical plan

Food and Morality Susan R. Friedland, 2008 A wide range of essays from English American and overseas scholars who ponder contemporary questions such as eating foie gras

Food Lit Melissa Brackney Stoeger, 2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food this unique book contains annotations and read alike for hundreds of nonfiction titles about the joys of comestibles and cooking Food Lit A

Reader's Guide to Epicurean Nonfiction provides a much needed resource for librarians assisting adult readers interested in the topic of food a group that is continuing to grow rapidly. Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference, the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food exposés. Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating, including life stories, history, science, and investigative nonfiction. The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles. It also provides lists of suggested read-alikes for those titles and includes several helpful appendices of fiction titles featuring food, food magazines, and food blogs.

The McDonaldization of Society 6 George Ritzer, 2011. As one of the most noteworthy and popular sociology books of all time, *The McDonaldization of Society* 6 demonstrates the power of the sociological imagination to 21st-century undergraduates in a way that few other books have. This engaging work of social criticism is praised for sparking debate in and out of the classroom and for allowing students to read in depth on a small number of fascinating topics, and it vividly demonstrates the relevance of Weber's discussion of rationalization, the basis of McDonaldization, to the everyday life of today's student. New and Retained Features: Links a large number of social phenomena to McDonaldization, some which are directly impacted by the principles of the fast food chain and others where the effect is more tenuous. A new final chapter 10 on *The DeMcDonaldization of Society* examines the processes of deMcDonaldization and concludes that while it is occurring on the surface, McDonaldization is alive and well, for example in the structures that underlie Web 2.0. Many new and updated examples are from the digital world, keeping the text ultimately relevant for the contemporary student reader. Addresses the advantages of McDonaldization, then focuses on the problems and dangers it poses and looks at efforts to deal with those challenges. Examines the link between McDonaldization and globalization. Challenges the reader to rethink McDonaldization as part of the structure of society and to act to reverse the trend towards it.

Overweight America Meryl Loonin, 2006-09-22. More than 36.5 percent of adults in the U.S. are considered obese according to the Centers for Disease Control and Prevention. In 2008, the annual medical cost for people who are obese was 1,429 dollars higher than those in the normal range of weight. This essential edition examines the social problem of obesity in the United States. Readers will learn about weight and health in America, why Americans are overweight, and what role the food industry plays in obesity.

The McDonaldization of Society George Ritzer, 2018-01-12. The book that made McDonaldization part of the lexicon of contemporary sociological theory, read by hundreds of thousands of students, is now in its Ninth Edition. George Ritzer's seminal work of critical sociology, *The McDonaldization of Society*, continues to stand as one of the pillars of modern-day sociological thought. Building on the argument that the fast-food restaurant has become the model for the rationalization process today, this book links theory to contemporary life in a globalized world and resonates with students in a way that few other books do. Ritzer opens

students eyes to many current issues and shows how McDonaldization s principles apply to other settings especially in the areas of consumption and globalization Through vivid story telling prose Ritzer provides an insightful introduction to this fascinating topic and aids students critical development This new edition has been fully updated to include a new focus on McDonaldization in the digital world

Cultural Apologetics Paul M. Gould,2019-03-12 Renewing the Christian voice conscience and imagination so that we can become compelling witnesses of the Gospel in today s culture Christianity has an image problem While the culture we inhabit presents us with an increasingly anti Christian and disenchanted position the church in the West has not helped its case by becoming anti intellectual fragmented and out of touch with the relevancy of Jesus to all aspects of contemporary life The muting of the Christian voice its imagination and its collective conscience have diminished the prospect of having a genuine missionary encounter with others today Cultural apologetics attempts to demonstrate not only the truth of the Gospel but also its desirability by reestablishing Christianity as the answer that satisfies our three universal human longings truth goodness and beauty In Cultural Apologetics philosopher and professor Paul Gould sets forth a fresh and uplifting model for cultural engagement rooted in the biblical account of Paul s speech in Athens which details practical steps for establishing Christianity as both true and beautiful reasonable and satisfying You ll be introduced to The idea of cultural apologetics as distinct from traditional apologetics The path from disenchantment with how we understand reality to re enchantment with the reality of the spiritual nature of things The practical tools of good cultural engagement conscience reason and imagination Equip yourself to see and help others see the world as it is through the lens of the Spirit deeply beautiful mysterious and sacred With creative insights Cultural Apologetics prepares readers to share a vision of the Christian faith that is both plausible and desirable offering clarity for those who have become disoriented in the haze of modern Western culture

More Book Lust Nancy Pearl,2009-09-29 Whether you re searching for the perfect read for yourself or for a friend More Book Lust offer eclectic recommendations unlike those in any other reading guide available In this followup to the bestselling Book Lust popular librarian Nancy Pearl offers a fresh collection of 1 000 reading recommendations in more than 120 thematic intelligent and wholly entertaining reading lists For the friend wanting to leave her job Living Your Dream offers good armchair dreaming books about people who have left stodgy jobs to do what they love Are you a budding chef Fiction For Foodies includes books that sneak in a recipe or two along with a tantalizing plot For the James Bond wannabe Crime is a Globetrotter features crime novels set in various locations around the world such as Tibet Sweden and Sicily In the book s introduction Pearl jokes If we were at a twelve step meeting together I would have to stand up and say Hi I m Nancy P and I m a readaholic Booklist magazine plays off this obsession while echoing a sentiment of Nancy Pearl s fans everywhere A self confessed readaholic Pearl lets us benefit from her addiction May she never seek recovery Indeed

The Story Behind the Dish Mark McWilliams,2012-04-06 Profiling 48 classic American foods ranging from junk and fast food to main dishes to desserts this book reveals what made these dishes iconic in American pop culture

Americans have increasingly embraced food culture a fact proven by the rising popularity of celebrity chefs and the prominence of television shows celebrating food themes This fascinating overview reveals the surprising story behind the foods America loves The Story Behind the Dish Classic American Foods is an engaging pop culture resource which helps tell the story of American food Each chapter is devoted to one of 48 distinctive American dishes and features the story of where the food developed what inspired its creation and how it has evolved The book not only covers each food as a single entry but also analyzes the themes and events that connect them making the text useful as both a reference and a narrative on the history of food

Body Problems Ben Agger,2019-07-30 Body Problems addresses the relationship between the body and society in a fast food culture Agger focuses on issues of food exercise work dieting and eating disorders fashion bariatric and cosmetic surgery and health He addresses a growing fundamental dilemma that we have ample access to abundant calories yet lead lifestyles and have jobs that for the most part do not enable us to expend those calories He proposes solutions both individual and structural that involve re orienting ourselves to exercise as play This second edition has been updated to include a new chapter on food capitalism and a concluding passage arguing Cartesian dualism can be resolved by exercising vegans in ways that would thwart this food capitalism and give people immense control over their bodies health and well being The book is ideal for courses in introductory sociology social problems work sociology of sport and leisure gender and health and illness

Pure Food Paul Collinson,Helen Macbeth,2026-02-01 In presenting a variety of theoretical and cross cultural perspectives on pure food this volume demonstrates similarities and variations in cultural beliefs behaviours and practices in different societies These in turn highlight that pure food is a common issue for humanity whatever the society whatever the era As a subject with much contemporary and cross disciplinary relevance Pure Food will appeal to students and academics involved in any food related discipline to professional practitioners promoting healthier foods and nutrition and to general readers with an interest in food

Processed Food Paula Johanson,2008-01-15 Explores the dangerous physical and mental effects on your body when indulging in processed food too often

Fast Families, Virtual Children Ben Agger,Beth Anne Shelton,2016-01-20 The Internet cell phones and other technologies have changed the ways in which people conduct their family lives raise children and navigate the blurry boundary between work and home Private life is colonized by employers teachers corporations family time is taken up by work homework and shopping What it means to be parents and children has changed dramatically This book shows how the nurturance of family has increasingly become a willful radical idea in an era of pervasive technology The authors analyze important trends including the acceleration and attenuation of childhood and offer a children s bill of rights and accompanying parental responsibilities

Critical Literacy Lisa P. Stevens,Thomas W. Bean,2007-01-18 Comprised of chapters that make use of clear explanations of the tenets of critical literacy the context of literacy pedagogy in the US and classroom examples this text focuses on what can be learned about the theory of critical literacy from implementation and what practice can learn from theory

Supernatural Out of the

Box Lisa Macklem, Dominick Grace, 2020-08-13 Supernatural is one of the most successful horror TV shows ever providing fifteen seasons of the adventures of Dean and Sam Winchester as they hunt monsters and save the world It has nurtured a passionate fan base which has been far more directly integrated into the show than is typical Wry and self aware Supernatural repeatedly breaks out of the televisual box to acknowledge its fans and its own fictionality Though there have already been several studies of Supernatural this volume is the first to focus extensively and intensively on the show s metafictional elements This essay collection argues that Supernatural is not merely a horror show but is a show about how horror works as a genre and how fans interact with their favorite material From exploring how the show has equated authorship with divinity to considering its incorporation of fandom and closely reading several key episodes the essays in this volume seek to examine the multiple layers of textuality found in Supernatural

Nanny State David Harsanyi, 2007-09-18 When did we lose our right to be lazy unhealthy and politically incorrect Move over Big Brother An insidious new group has inserted itself into American politics They are the nannies not the stroller pushing set but an invasive band of do gooders who are subtly and steadily stripping us of our liberties robbing us of the inalienable right to make our own decisions and turning America into a nation of children As you read this countless busybodies across the nation are rolling up their sleeves to do the work of straightening out your life Certain Massachusetts towns have banned school yard tag San Francisco has passed laws regulating the amount of water you should use in dog bowls The mayor of New York City has french fries and doughnuts in his sights In some parts of California smoking is prohibited outside The government under pressure from the nanny minority is twisting the public s arm into obedience Playground police food fascists anti porn crusaders whether they re legislating morality or wellbeing nannies are popping up all over America In the name of health safety decency and shudder good intentions these ever vigilant politicians and social activists are dictating what we eat where we smoke what we watch and read and whom we marry Why do bureaucrats think they know what s better for us than we do And are they selectively legislating in the name of political expediency For instance why do we ban mini motorbikes responsible for five deaths each year and not skiing which accounts for fifty deaths each year Why is medical marijuana a substance yet to claim a single life banned and not aspirin which accounts for about 7 600 deaths Exhaustively researched sharply observed and refreshingly lucid Nanny Sate looks at the myriad ways we are turning the United States into a soulless and staid nation eroding not only our personal freedoms but our national character

Before You Take that Pill J. Douglas Bremner, 2008-02-28 A medical expert reveals risks of the most commonly prescribed drugs and why the drug industry doesn t want consumers to know about them Recent scandals involving diabetes drugs Vioxx and many other medications reveal the serious and undisclosed risks of some of the most commonly used prescription drugs in this country In Before You Take That Pill Dr J Douglas Bremner a researcher and clinician at Emory University whose study on Accutane and depression made headlines offers an inside look at the pharmaceutical industry as well as a scientifically backed assessment of the risks of more than three

hundred prescribed medications vitamins and supplements While many drugs are essential to the health of consumers as Dr Bremner explains for many people the benefits may not outweigh the potential side effects This book contains warnings that are not on the drug labels It also exposes tricks of the trade that demonstrate how the profit making interests of big pharma may not always be in line with the safety of the public from the corruption that exists in the drug approval process to the tactics drug companies use to encourage doctors to prescribe their products Most important Before You Take That Pill empowers readers by giving them sound information on specific medications so they can understand and weigh the potential risk themselves Backed by the latest studies as well as insight from a doctor who is in the trenches this book should be on the shelf of every drug consumer

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