



Nutrition and Diet: 205 (Issues)

Lisa Firth

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Obesity and other food-related health issues such as diabetes and high cholesterol are a major concern for the UK population. Foods that are high in salt, saturated fats and additives are all too common on the average supermarket shelf. How much control do we have over what we eat? What are the health risks associated with a poor or imbalanced diet? This book looks at issues including food labelling, school lunches and the debate surrounding green and ethical eating. The information comes from a wide range of sources and includes government reports and statistics, newspaper articles, features, magazine articles and surveys, literature from lobby groups and charitable organisations.

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