Julie Guthman

OBESITY.

FOOD JUSTICE.

AND THE

LIMITS OF

CAPITALISM

Weighing In



Weighing In Obesity Food Justice And The Limits Of Capitalism

Alison Alkon, Julie Guthman

Weighing In Obesity Food Justice And The Limits Of Capitalism:

Weighing In Julie Guthman, 2011-10-06 A bold compelling challenge to conventional thinking about obesity and its fixes Weighing In is one of the most important books on food politics to hit the shelves in a long time Susanne Freidberg author of Fresh A Perishable History Weighing In is filled with counterintuitive surprises that should make us skeptics of all kinds of food whether local fast slow junk or health but also gives us the practical tools to effectively scrutinize the stale buffet of popularly accepted health wisdom before we digest it Paul Robbins professor of Geography and Development University of Arizona If you liked Michael Pollan this should be your next read Guthman gives us the research behind the questions we should be asking but falling all over ourselves in the rush to consensus we have overlooked A self described Berkeley foodie Guthman takes on the self satisfaction of the alternative food movement and places it in rich context drawing on research in health economics labor agriculture sociology and politics This marvelous surprising book is a true game changer in our national conversation about food and justice Anna Kirkland author of Fat Rights Dilemmas of Difference and Personhood This groundbreaking book calls into question the ubiquitous claim that good food will solve the social and health dilemmas of today Combining political economic analysis cultural critique and clear explanation of scientific discoveries the author challenges our deeply held convictions about society food bodies and environments Becky Mansfield editor of Privatization Property and the Remaking of Nature Society Relations Step back from that farmer's market Guthman shows us that good foods and good eating are not enough By questioning the fuzzy facts on obesity the impact of environment and capitalism's relentless push to consume Weighing In challenges us to think harder and better about what it really takes to be healthy in the modern age Carolyn de la Pe a author of Empty Pleasures The Story of Artificial Sweetener from Saccharin to Splenda

The Oxford Handbook of Food Ethics Anne Barnhill, Tyler Doggett, Mark Budolfson, 2018-01-08 The handbook is a partial survey of multiple areas of food ethics conventional agriculture and alternatives to it animals consumption ethics food justice food workers food politics and policy gender body image and healthy eating and food culture and identity
Food Justice in US and Global Contexts Ian Werkheiser, Zachary Piso, 2017-07-01 This book offers fresh perspectives on issues of food justice The chapters emerged from a series of annual workshops on food justice held at Michigan State University between 2013 and 2015 which brought together a wide variety of interested people to learn from and work with each other Food justice can be studied from such diverse perspectives as philosophy anthropology economics gender and sexuality studies geography history literary criticism philosophy and sociology as well as the human dimensions of agricultural and environmental sciences As such interdisciplinary workshops are a much needed vehicle to improve our understanding of the subject which is at the center of a vibrant and growing discourse not only among academics from a wide range of approaches to and conceptions of food justice in a variety of contexts This invaluable work requires readers to cross

boundaries and be open to new ideas based on different assumptions Eating Right in America Charlotte Biltekoff, 2013-10-02 This social and cultural history of key moments in U S dietary reform illuminates the relations between prevailing notions of what it means to eat right and conceptions of morality and citizenship The Routledge Handbook of Vegan Studies Laura Wright, 2021-03-31 This wide ranging volume explores the tension between the dietary practice of veganism and the manifestation construction and representation of a vegan identity in today's society Emerging in the early 21st century vegan studies is distinct from more familiar conceptions of animal studies an umbrella term for a three pronged field that gained prominence in the late 1990s and early 2000s consisting of critical animal studies human animal studies and posthumanism While veganism is a consideration of these modes of inquiry it is a decidedly different entity an ethical delineator that for many scholars marks a complicated boundary between theoretical pursuit and lived experience The Routledge Handbook of Vegan Studies is the must have reference for the important topics problems and key debates in the subject area and is the first of its kind Comprising over 30 chapters by a team of international contributors this handbook is divided into five parts History of vegan studies Vegan studies in the disciplines Theoretical intersections Contemporary media entanglements Veganism around the world These sections contextualize veganism beyond its status as a dietary choice situating veganism within broader social ethical legal theoretical and artistic discourses This book will be essential reading for students and researchers of vegan studies animal studies and environmental ethics Food Justice Undone Hanna Garth, 2026-02-03 Breaks open the privilege and promise of food justice to envision a radical liberatory future Food justice activists have worked to increase access to healthy food in low income communities of color across the United States Yet despite their best intentions they often perpetuate food access inequalities and racial stereotypes Hanna Garth shows how the movement has been affected by misconceptions and assumptions about residents as well as by unclear definitions of justice and what it means to be healthy Focusing on broad structures and microlevel processes Garth reveals how power dynamics shape social justice movements in particular ways Drawing on twelve years of ethnographic research Garth examines what motivates people from more affluent majority white areas of the city to intervene in South Central Los Angeles She argues that the concepts of food justice and healthy food operate as racially coded language reinforcing the idea that health problems in low income Black and Brown communities can be solved through individual behavior rather than structural change Food Justice Undone explores the stakes of social justice and the possibility of multiracial coalitions working toward a better future The New Food Activism Alison Alkon, Julie Guthman, 2017-06-27 The New Food Activism explores how food activism can be pushed toward deeper and more complex engagement with social racial and economic justice and toward advocating for broader and more transformational shifts in the food system Topics examined include struggles against pesticides and GMOs efforts to improve workers pay and conditions throughout the food system and ways to push food activism beyond its typical reliance on individualism consumerism and private property The authors challenge

and advance existing discourse on consumer trends food movements and the intersection of food with racial and economic inequalities Weighty Problems Laura Backstrom, 2019-04-05 Many parents teachers and doctors believe that childhood obesity is a social problem that needs to be solved Yet missing from debates over what caused the rise in childhood obesity and how to fix it are the children themselves By investigating how contemporary cultural discourses of childhood obesity are experienced by children Laura Backstrom illustrates how deeply fat stigma is internalized during the early socialization experiences of children Weighty Problems details processes of embodied inequality how the children came to recognize inequalities related to their body size how they explained the causes of those differences how they responded to micro level injustices in their lives and how their participation in a weight loss program impacted their developing self image The book finds that embodied inequality is constructed and negotiated through a number of interactional processes including resocialization stigma management social comparisons and attribution Food & Society Amy E. Guptill, Denise A. Copelton, Betsy Lucal, 2022-11-02 This popular text now in a third edition offers readers a vivid perspective on the cultural and social complexities of food practices and the current food system Synthesizing insights from the multidisciplinary field of food studies this book engages readers curiosity by highlighting the seeming paradoxes of food how food is both individual and social reveals both distinction and conformity and in the contemporary era seems to come from everywhere but nowhere in particular Each chapter begins with an intriguing case study and ends with suggested resources and activities Chapter topics include identity restaurants and food media health marketing industrialization global food surplus and scarcity and social change Updates and enhancements in this edition reflect new scholarly insights into how food is involved in social media social movements and the COVID 19 pandemic Throughout the book blends concepts and empirical accounts to address the central issues of culture structure and social inequality Written in a lively accessible style this book provides students with an unrivalled and multifaceted introduction to this fascinating aspect of social life Confronting Hunger in the USA Adam M. Pine, 2016-07-01 Food insecurity in the US is a critical issue that is experienced by approximately 15% of the population each year Hunger is not caused by an inability to produce enough food for the population but is instead a manifestation of federal agricultural policies that support the overproduction of commodity crops and neoliberal social policies that seek to lower the amount of benefits dispersed to those in need This book focuses on how four different food based community programs address both the physical sensation of hunger as well as the political and economic disempowerment that work against the ability of people experiencing food insecurity to mobilize as a political force Confronting Hunger in the USA argues that most food programs do more to create community among their volunteers than among program participants and tend to reinforce neoliberal understandings of citizenship Community food programs reach out to the most vulnerable members of society in caring and gentle ways and often use the language of alternative economies to articulate a different relationship between the individual and the state However the projects in this study act as individual

pieces of the state s insufficient social safety net and are only beginning to articulate a new relationship between food and **Introduction to the US Food System** Roni Neff, 2014-10-08 A public health approach to the US food system society Introduction to the US Food System Public Health Environment and Equity is a comprehensive and engaging textbook that offers students an overview of today s US food system with particular focus on the food system s interrelationships with public health the environment equity and society Using a classroom friendly approach the text covers the core content of the food system and provides evidence based perspectives reflecting the tremendous breadth of issues and ideas important to understanding today s US food system The book is rich with illustrative examples case studies activities and discussion questions The textbook is a project of the Johns Hopkins Center for a Livable Future CLF and builds upon the Center s educational mission to examine the complex interrelationships between diet food production environment and human health to advance an ecological perspective in reducing threats to the health of the public and to promote policies that protect health the global environment and the ability to sustain life for future generations Issues covered in Introduction to the US Food System include food insecurity social justice community and worker health concerns food marketing nutrition resource depletion and ecological degradation Presents concepts on the foundations of the US food system crop production food system economics processing and packaging consumption and overconsumption and the environmental impacts of food Examines the political factors that influence food and how it is produced Ideal for students and professionals in many fields including public health nutritional science nursing medicine environment policy business and social science among others Introduction to the US Food System presents a broad view of today s US food system in all its complexity and provides opportunities for students to examine the food system's stickiest problems and think critically about solutions *Justice and Narrative Ethics* Beth A. Dixon, 2018-09-06 Beth A Dixon explores how food justice impacts on human lives Stories and reports in national media feature on the one hand hunger famine and food scarcity and on the other rising rates of morbid obesity and health issues Other stories food justice narratives illustrate how to correct the ethical damage created by the first type of story They detail the nature of oppression and structural injustice and show how these conditions constrain choices truncate moral agency and limit opportunities to live well With stories from national media food and farming memoirs and scholarly ethnographies Dixon reveals how different food narratives are constructed and enable identification of just solutions to issues surrounding food insecurity farm labor and the lived experience of obesity Drawing on Aristotle's concept of ethical perception Dixon demonstrates how we can use narratives to enhance our understanding and ethical competence about injustice in relation to food Food Justice and Narrative Ethics is a must read for students of food studies philosophy and media studies Nutritionism Gyorgy Scrinis, 2013-06-18 Popularized by Michael Pollan in his best selling In Defense of Food Gyorgy Scrinis s concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food an approach that has dominated nutrition science dietary advice and food marketing Scrinis argues

this ideology has narrowed and in some cases distorted our appreciation of food quality such that even highly processed foods may be perceived as healthful depending on their content of good or bad nutrients Investigating the butter versus margarine debate the battle between low fat low carb and other weight loss diets and the food industry s strategic promotion of nutritionally enhanced foods Scrinis reveals the scientific social and economic factors driving our modern fascination with nutrition Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century He begins with the era of quantification in which the idea of protective nutrients caloric reductionism and vitamins curative effects took shape He follows with the era of good and bad nutritionism which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients and concludes with our current era of functional nutritionism in which the focus has shifted to targeted nutrients superfoods and optimal diets Scrinis s research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations Scrinis also offers an alternative paradigm for assessing the healthfulness of foods the food quality paradigm that privileges food production and processing quality cultural traditional knowledge and sensual practical experience and promotes less reductive forms of nutrition research and dietary advice **Cheaponomics** Michael Carolan, 2014-03-21 Do you really think you are getting a good deal when given that free mobile phone for switching service providers if a multinational retailer undercuts its competitors or by the fact that food is relatively cheaper today in many countries than ever before Think again As Michael Carolan clearly shows in this compelling book cheapness is an illusion The real cost of low prices is alarmingly high It is shown for example that citizens are frequently subsidising low prices through welfare support to poorly paid workers in their own country or relying on the exploitation of workers in poor countries for cheap goods Environmental pollution may not be costed into goods and services but is paid for indirectly by people living away from its source or by future generations Even with private cars when the total costs of this form of mobility are tallied it proves to be an astronomically expensive model of transportation All of these costs need to be accounted for The author captures these issues by the concept of cheaponomics The key point is that costs and risks are socialised we all pay for cheapness but not at the point of purchase Drawing on a wide range of examples and issues from over consumption and waste to over work unemployment inequality and the depersonalising of communities it is convincingly shown that cheapness can no longer be seen as such a bargain Instead we need to refocus for a better sense of well being social justice and a balanced approach to prosperity **Labor Relations in** Globalized Food Terry Marsden, Josefa Salete Barbosa Cavalcanti, Alessandro Bonanno, 2014-05-28 This book looks at labor in agriculture and food in a global era by studying salient characteristics of the conditions and use of labor in global agri food Written by experienced and also emerging scholars the chapters present a wealth of empirical data and robust theorizations

that allow readers to grasp the complexity of this topic Handbook of the International Political Economy of Agriculture and Food Alessandro Bonanno, Lawrence Busch, 2015-04-30 This book tackles the central question of the political and structural changes and characteristics that govern agriculture and food Original contributions explore this highly globalized economic sector by analyzing salient geographical regions and sub Food and Place Pascale Joassart-Marcelli, Fernando J. Bosco, 2017-12-22 This text provides a comprehensive and critical exploration of food from the unique perspective of place It shows that our experiences with food are deeply influenced by their cultural social economic and political contexts The authors explore a wide range of questions such as Do GMOs threaten rural livelihoods Why don't we eat dogs Does your neighborhood make you fat Do community gardens encourage urban gentrification Can cheese save a local economy Why are gourmet burgers appearing on menus all over the world How do immigrants use food to create a sense of place Does mainstream nutrition stigmatize bodies Is the kitchen an oppressive place Can celebrity chefs change the food system Critically engaged and connected to current activist and academic debates Food and Place will be an essential resource for students across the social sciences **Difficult Conversations** Róisín Ryan-Flood, Isabel Crowhurst, Laurie James-Hawkins, 2023-02-01 This book explores difficult conversations in feminist theory as an integral part of social and theoretical transformations Focusing on intersectionality within feminist theory the book critically addresses questions of power and difference as a central feminist concern It presents ethical political social and emotional dilemmas while negotiating difficult conversations particularly in terms of sexuality class race ethnicity and cross identification between the researcher and researched Topics covered include challenging cultural relativism queer marginalisation research and affect and feminism and the digital realm This book is aimed primarily at students lecturers and researchers interested in epistemology research methodology gender identity and social theory. The interdisciplinary nature of the book is aimed at reaching the broadest possible audience including those engaged with feminist theory anthropology social policy sociology psychology and geography The Hamlet Fire Bryant Simon, 2020-07-23 For decades the small quiet town of Hamlet North Carolina thrived thanks to the railroad But by the 1970s it had become a postindustrial backwater a magnet for businesses in search of cheap labor and almost no oversight Imperial Food Products was one of those businesses The company set up shop in Hamlet in the 1980s Workers who complained about low pay and hazardous working conditions at the plant were silenced or fired But jobs were scarce in town so workers kept coming back and the company continued to operate with impunity Then on the morning of September 3 1991 the never inspected chicken processing plant a stone s throw from Hamlet's city hall burst into flames Twenty five people perished that day behind the plant's locked and bolted doors It remains one of the deadliest accidents ever in the history of the modern American food industry Eighty years after the Triangle Shirtwaist Fire industrial disasters were supposed to have been a thing of the past in the United States However as award winning historian Bryant Simon shows the pursuit of cheap food merged with economic decline in small towns

across the South and the nation to devalue laborers and create perilous working conditions. The Hamlet fire and its aftermath reveal the social costs of antiunionism lax regulations and ongoing racial discrimination Using oral histories contemporary news coverage and state records Simon has constructed a vivid potent and disturbing social autopsy of this town this factory and this time that exposes how cheap labor cheap government and cheap food came together in a way that was destined to Obesity Discourse and Fat Politics Lee Monaghan, Rachel Colls, Bethan Evans, 2015-12-22 There is considerable rhetoric and concern about weight and obesity across an increasing range of national contexts Alarmist claims about an obesity time bomb are continually recycled in policy reports reviews and white papers each of which begin with the assumption that fatness is fundamentally unhealthy and damaging to national economies With contributions from the UK Canada the USA and Australia this book offers alternative critical perspectives on this alleged public health crisis which were in part developed through an Economic and Social Research Council seminar series on Fat Studies and Health at Every Size HAES Written by scholars from a range of disciplines and the health professions themes include an interrogation of statistical procedures used to construct the obesity epidemic overweight and obesity as cultural signifiers for Type 2 diabetes understandings of healthy eating and healthy weight in a problem population gendered expectations on men and women to lose weight the visual representation of obesity tensions when researching anti fatness critical dietitians engagement with HAES alternative ways of promoting physical activity and representations of obesity in the media This book was originally published as a special issue of Critical Public Health

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