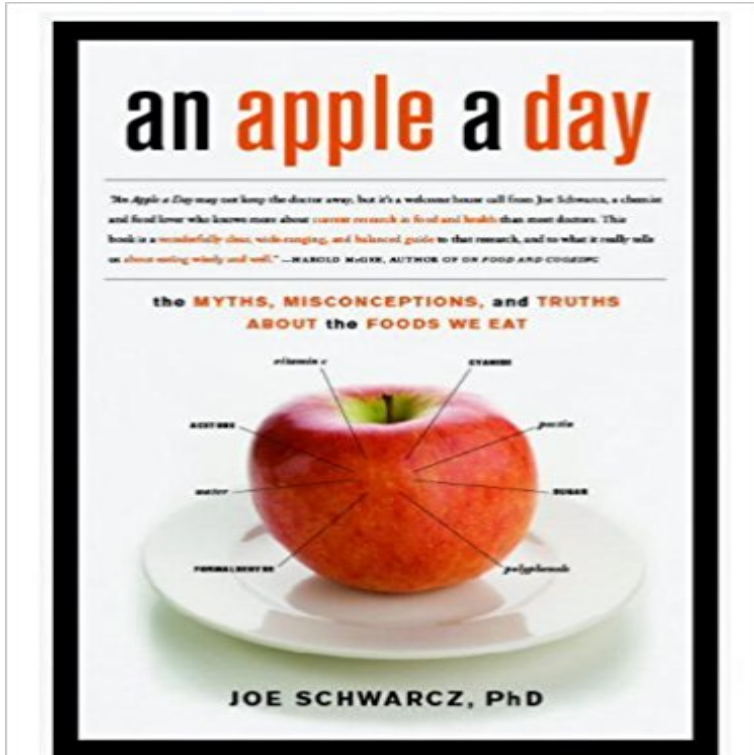


# An Apple a Day: The Myths, Misconceptions, and Truths About the Foods We Eat



Eat salmon. Its full of good omega-3 fats. Dont eat salmon. Its full of PCBs and mercury. Eat more veggies. Theyre full of good antioxidants. Dont eat more veggies. The pesticides will give you cancer. Forget your dinner jacket and put on your lab coat: you have to be a nutritional scientist these days before you sit down to eat which is why we need Dr. Joe Schwarcz, the expert in connecting chemistry to everyday life. In *An Apple a Day*, hes taken his thorough knowledge of food chemistry, applied it to todays top food fears, trends, and questions, and leavened it with his trademark lighthearted approach. The result is both an entertaining revelation of the miracles of science happening in our bodies every time we bite into a morsel of food, and a telling exploration of the myths, claims, and misconceptions surrounding our obsession with diets, nutrition, and weight. Looking first at how food affects our health, Dr. Joe examines whats in tomatoes, soy, and broccoli that can keep us healthy and how the hundreds of compounds in a single food react when they hit our bodies. Then he investigates how we manipulate our food supply, delving into the science of food additives and what benefits we might realize from adding bacteria to certain foods. He clears up the confusion about contaminants, examining everything from pesticide residues, remnants of antibiotics, the dreaded trans fats, and chemicals that may leach from cookware. And he takes a studied look at the science of calories and weighs in on popular diets.

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