

Booklist

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Unsavory Truth: How Food Companies Skew the Science of What We Eat.

By Marion Nestle

Oct. 2018. 320p. illus. Basic, \$30 (9781541697119). 664.02

It's reasonable to expect that food companies will employ all means necessary to market their products.

What's surprising is the extensive and insidious lengths some go to in presenting their foodstuffs as healthy, desirable, and even necessary components of a balanced diet. This exposé documents numerous examples of corporations wooing experts to conduct studies that produce dubious results, such as that children who eat candy tend to be less obese, and chocolate milk alleviates concussions. While it may seem logical that the Food and Drug Administration would curtail such "research," Nestle (*Food Politics*, 2002; *What to Eat*, 2006) describes how some major food interests fund nutritionists to infiltrate professional organizations and government-sponsored studies, influence food-related publishing, from scientific journals to foodie blogs, and successfully lobby against any legislation that might affect sales. The solution? Consumers should "vote with their forks", question company-authored food studies about nutrition or health, and demand that elected officials investigate and verify published results. This well-documented, accessible venture makes a compelling argument.

— *Kathleen McBroom*