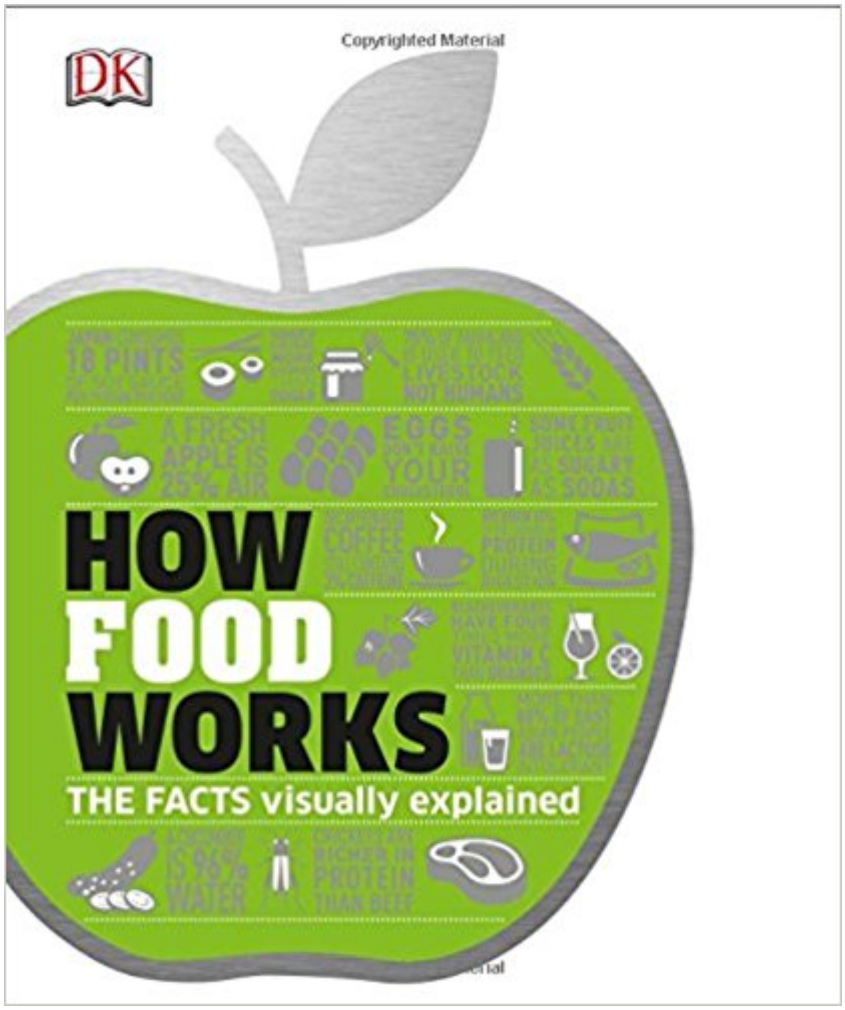
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How Food Works: The Facts Visually Explained



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Synopsis

An easy-to-understand visual guide to the facts of food and nutrition.A nutritionist in a book that explains key concepts about food and what makes it good or bad for you, How Food Works brings the science of food to life. Through a highly visual approach that uses bold infographics, explore the good, the bad, the confusing, and the trending world of food. Discover what an antioxidant is, find out what a superfood does to your body, and learn why it is dangerous to reheat rice.Covering a wide variety of topics, from dieting to gluten intolerance, How Food Works debunks common food myths, explains nutrition, covers the food groups, and looks into organic vs. processed foods. Follow the history of food production and free-range farming, how food is transported, and what "sell by" dates really mean.How Food Works is a completely comprehensive guide that will help readers understand the underlying biological effects of everyday foods through scientific evaluation, revealing the powers of different types of food and drinks.

Book Information

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Customer Reviews

Chilies and Other Hot Foods Prized for adding kick to dishes, chili peppers and other hot or pungent foods, such as mustard and horseradish, come armed with powerful chemical defenses that we can use for flavor and may also prove to have health benefits. View larger

View larger View larger View larger What are Convenience Foods? Convenience foods are preprepared or processed and include prepackaged meals, cake mixes,

snack foods, preprepared fruit and vegetables, frozen ingredients, and canned food. Companies that make and sell convenience foods usually focus on taste and shelf-life rather than on nutritional value. What are Whole Foods? Whole Foods are the opposite of processed foodsÃƒÂ¢Ã â ¬Ã â •they are in their natural form, or processed as little as possible. They might include fresh fruit, vegetables, meat, fish, whole grains, nuts, and seeds. Some proponents argue whole foods must also be organic, but there is little evidence for that health benefit of organic foods. How Food Cooks At the molecular level, cooking involves a complex series of interactions between heat, water, and individual food components, and between the components themselves. When cooking, the perfect balance between temperature, time, and the desired change in chemistry must be achieved.

Sources of Fats and Oils Oils are fats that are liquid at room temperature, although the terms are often used interchangeably. Those that you get through your food are called dietary fat. View larger

View larger View larger View larger Types of Vegetable Fruits Vegetable fruits belong mainly to three families: the nightshade family (including tomatoes, eggplants, and peppers) which tends to grow upward on a vine, the squash and cucumber family (including marrow, zucchini, and lemons) which grow along vines on the ground, and the legume, or bean family. Vegetarians and Vegans Vegetarians don't eat meat or fish, but many eat animal products such as eggs and dairy. In India, eggs aren't seen as vegetarian, but dairy foods are encouraged. Vegans choose not to eat any products that come from animals, including honey. Allergies Food allergies are on the rise in developed countries, but scientists aren't sure why. One popular idea, known as the 'hygiene hypothesis,' suggests that the fact our children don't encounter as many pathogens, such as bacteria, as they used to has somehow affected the natural development of their immune systems.

"How Food Works:..." is an excellent book for anyone who appreciates visuals and Info-charts. Loaded with current and helpful food and nutrition information, it makes a great reference for anyone who is health-minded. Very pleased!

For anyone confused by all the food and nutrition news whirling around the net, this book really captures the basics of food theory and the value of food in our lives. The illustrations are not

distracting and for a image-based mind like I have, the book is a perfect companion to learn about food basics. I recommend this book to anyone who really wants to know food makeup, structure and history. Teachers I think will really benefit by using this in a classroom setting to teach food basics.

Very interesting and useful book

I am a huge fan and have bought over 50 DK books in the last two decades, DK is usually a solid source of nonfiction information, we used them in our homeschooling and for enjoyment, and I read them for myself for my adult lifelong learning about topics I am interested in. I know three of the other "How -- Works" books by DK use the data included in 100 level college classes, they take a whole semester's information in a college textbook but arrange it DK style and hit all the topics in those survey courses (i.e. Psychology, Art History).I've read over two dozen books on food and nutrition over the last 20 years, mostly deep nonfiction books such as Salt, Sugar, Fat by Moss as well as books on the topic of health and wellness i.e. The affect of inflammation in the body to make a body sick and how food can cause inflammation, i.e. Grain Brain, Wheat Belly, etc. and also books on food allergy i.e. Is This Your Child? As well as books on single topics like dairy allergy, soy allergy, etc. I am not focused on diets or fad diets per se but I focus on wellness and how food can both heal your or make you sick.How Food Works is like the party line on traditional long held beliefs of food and nutrition, such as held by the FDA and as taught in our federal government "educational efforts". In some cases this book has information that is old and is known to be wrong. Other times in the book The authors have made silly choices or included confusion information. Other times the authors tell a true fact but avoid altogether something much more important to know, or they mislead you by telling you something when they omit the other thing never mentioned. Perhaps part of the problem is trying to speak in terms that are too general, not delving deeper to tell a more complete honest story. A newbie learner may not be able to read between the lines. A simple example is the focus on potatoes as a main calorie source for humans, as a starch source, but they never clearly show it has barely any usable vitamins or minerals, what good is a white potato really, except if a human is starving and needs a low cost calorie to remain alive? They never mention the glycemic index or the harm it can do a body over time (leading to diabetes) to spike up and down the insulin levels, the mood and energy level swings that white potato carbs do to the human body. Although much later on page 146-147 "Sugar Highs and Lows" the issue is addressed but in terms of sugar but a white potato is never mentioned, they compare chocolate cake to watermelon and make the argument that watermelon is much worse for you than the cake. The next

pages dive into desserts, chocolate and sweets.I read most of the book 7 weeks ago and was so annoyed I postponed writing this review. I have since read even more and just can’t take it anymore. I will give a list of some of my basic issues with page number so you can see I have real reasons for my opinion.Weak language against processed foods (38)Blames increase in use of processed foods on women entering the workforce in 1970s (39)Declares eating whole foods is limiting if taken to the extreme (40)Claims little evidence for health benefit of eating organic (40) but does not mention it may prevent disease!Downplays eating whole foods claiming if you cook food at home you are processing it so therefore processed food is good (41)Complains that the taste of whole food is hard to get used to if you prefer processed food (41) How about learn to cook better recipes with more flavor?After stating whole foods have more nutritients warns you to not eat too many or you may overdose on vitamins! (42)Downplays fresh food because peak nutritional content degrades after harvest (46-7)Pro preservation, gives zero negatives (48-9)Never explains health benefits of fermented foods just says used to do in past (48-9)Anti raw milk tows the party line (52) -- see Raw Milk Revolution book and recent known issues with dysbiosis i.e. Book The Microbiome SolutionDownplays negatives of MSG (59)Gives not list of what is red meat and uses goat graphic (why not a cow) (68)Frog listed as white meat (odd fact) (70)Pro potassium nitrate! No mention of Cancer link to it. (74)Gives impression all ham is "reformed" not true! (75)Negative on salami saying it can have nitrates (the only mention of negative with nitrates) but never says some salami is naturally fermented, very confusing (75)Got facts wrong on egg, says "a decade or more" eggs were said to be unhealthy, it was 30+ years (82) now we know egg yolk has vital nutrients and fat in an egg yolk is goodNever explains homogenization process (84)REcommends fecal transplant for dysbiosis but they seem to not know it is illegal in USA except for C Diff (86)Omits that there is good necessary bacteria in the human gut that digests our food! Not all bacteria in gut is bad! (87)Stays stupid fact that potato chips are better bc lower glycemic index than a boiled white potato (91)Never mentions any negatives of modern white bread as a poor nutritional source (94-5)Sometimes says weird facts like bronze dye pasta is the best quality but fails to mention when we are shopping for pasta we have no way to know which brands are bronze dye made! Weird. Not useful (97)

There are many books on nutrition and information on the Internet on how food works.But I have been looking for a book that is more visual and goes into detail about how foods, vitamins, carbs, glucose, etc. affect the body and sure enough, "How Food Works: The Facts Visually Explained" from DK is the kind of book that I have been looking for.Something that me and my wife and children can open up and read, as it is a wonderful resource with a lot of good information.The book

is broken down via the following chapters:I. Food FundamentalsGoes into nutrition basics, hunger and appetite, flavor, smell and taste, digesting nutrients, carbohydrates, fiber, protein, fats, cholesterol, vitamins, minerals, water, convenience foods, whole foods, etc.II. Storing and CookingGoes into freshness, preservation, chilling and freezing, fermentation, raw foods, food processing, additives, cooking, how food cooks, safe cookingIII. Types of FoodGoes into red meat, white meat, cuts of meat, processed meats, fish, shellfish, eggs, milk and lactose, yogurt and live cultures, cheese, starch foods, grains, bread, noodles and pasta, gluten and a variety of vegetables, fats and oils, sugar, desserts, sweets and more.IV. DrinksGoes into drinking water, coffee, tea, fruit juices and smoothies, carbonated drinks, energy drinks, alcohol, spirits, wine, beer, etc.V. DietsGoes into balance diet, supplements, eating patterns, western diets, eastern diets, religious and ethical diets, vegetarians and vegans, diet and exercise, diabetes, detoxing, low-carb diets, high-fiber diets, fasting, cancer, what to eat during pregnancy, eating disorders and more.VI. Food and EnvironmentGoes into feeding the world, intensive or organic, factor farmed or free-range?, Fair trade, food fraud, food waste, genetically modified foods, future foods and more.The book has impressive factoids. As an Asian male, it goes into why many Asian people are lactose intolerant. For those who take probiotics, it shows how complex fiber fermenting in colon works, how storing foods and freezing them can retain nutrients, for those who worry about microwaves, the book shows how various cooking works.The book also goes into fat content for fish and which has more oil, the most Omega-3 fats and which fish has the highest level of mercury, the bad press about eggs. Why one should avoid burned toast, due to acrylamide which is a cancer-causing chemical.There is so much information in this book that those searching for in-depth information about food and all that goes along with food and how it affects the body is featured in a visual presentation (note: it’s artwork, no live photos of internal organs or anything like that) which you can’t get off the Internet.And the visual presentation along with factoids make it even more fascinating and entertaining to read. No boring pages, it’s a really solid source of information.Overall, I highly recommend this book.

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