

FOOD CULTS – WHERE SCIENCE AND SKEPTICISM COLLIDE
Closing the Gap Between Nutrition Knowledge and Food Beliefs

Robyn Flipse, MS, MA, RDN

BIBLIOGRAPHY

Allison, Michelle. Eating Toward Immortality. *The Atlantic*. February 7, 2017.
<https://www.theatlantic.com/health/archive/2017/02/eating-toward-immortality/515658/>

Belasco, Warren J. *Appetite for Change: How the Counterculture Took on the Food Industry*. (2nd edition), Ithaca, NY: Cornell University Press, 2007.

Becker, Ernest. *Escape From Evil*. New York: Free Press, 1975

Biltekoff, Charlotte. *Eating Right in America: The Cultural Politics of Food and Health*. Duke University Press Books, 2013.

Biltekoff, Charlotte. The Terror Within: Obesity in Post 9/11 U.S. Life. *American Studies*. 2007;48(3):29-48 Accessed March 20, 2017
<https://journals.ku.edu/amerstud/article/view/3132/3911>

Bruch, Hilde. The Allure of Food Cults and Nutrition Quackery. *Nutrition Reviews*. 1974;32:62-66
<http://onlinelibrary.wiley.com/doi/10.1111/j.1753-4887.1974.tb05194.x/pdf>

Cairns, Kate and Johnston, Josee. Choosing Health: Embodied Neoliberalism, Postfeminism, and the “do-diet”. *Theory and Society*. 2015;44(2):153-175. <http://link.springer.com/article/10.1007/s11186-015-9242-y>

Cargill, Kima. *Food Cults. How Fads, Dogma and Doctrine Influence Diet*. Maryland: Rowman & Littlefield, 2017

Charles, Dan. In the Search for the Perfect Sugar Substitute, Another Candidate Emerges. *NPR The Salt*. August 25, 2015. <http://n.pr/2naN5Lb>

CNBC, August 2, 2016. McDonald’s to remove corn syrup from buns, curbs antibiotics in chicken. Accessed March 23, 2017 <http://cnb.cx/2mRISCa>

Cordain, Loren. *The Paleo Diet*. New York: John Wiley & Sons, 2002

Crawford, Robert. Healthism and the Medicalization of Every Day Life. *Int J Health Serv*.1980;10(3):365-388 <https://www.ncbi.nlm.nih.gov/pubmed/7419309>

Davis, William. *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health*. New York: Rodale Books, 2011

Dawson, Lorne L. (editor). *Cults and New Religious Movements*. Oxford: Blackwell Publishing Ltd. 2003

Foodminds. 2012 Food Temperance Survey, May 17, 2012 <http://bit.ly/2neg6X5>

Fox News, August 1, 2016. A healthier Happy Meal? McDonald's axing high-fructose corn syrup, preservatives from menu items. Accessed March 23, 2017 <http://fxn.ws/2oAEv9z>

Funk, Cary and Brian Kennedy. The New Food Fights: U.S. Public Divides Over Food Science. Pew Research Center, December 1, 2016. <http://www.pewinternet.org/2016/12/01/the-new-food-fights/>

Genetic Literacy Project. Are poorer consumers avoiding fresh produce because of fear-based organic marketing? October 4, 2016. <http://bit.ly/2nfu1w9>

Goldberg JP, et al. (4). The IFIC Foundation Food & Health Survey 2015: 10-Year Trends and Emerging issues. *J Acad Nutr Diet*. 2017;117(3):355-357

Hutson, Matthew. Why We All Fall for Con Artists. *New York Times Magazine*. January 12, 2016. <http://nymag.com/scienceofus/2016/01/why-we-all-fall-for-con-artists.html>

Jackson, Peter. *Anxious Appetites. Food and Consumer Culture*. London: Bloomsbury Academic, 2015.

Jargon, Julie. What Panera Had to Change to Make its Menu 'Clean.' *The Wall Street Journal*, February 20, 2017. Accessed March 23, 2017 <http://on.wsj.com/2liGnoR>

Joint WHO/FAO Expert Consultation on Diet, Nutrition and the Prevention of Chronic Diseases Geneva, Switzerland, 2002 Accessed March 23, 2017 <http://www.fao.org/docrep/005/AC911E/AC911E00.HTM>

Kowitt, Beth. The Hunt for the Perfect Sugar. *Forbes*. February 22, 2017 Accessed March 23, 2017 <http://fortune.com/2017/02/22/sugar-stevia-low-calorie-sweetener/>

Levenstein, Harvey. *Fear of Food: A History of Why We Worry about What We Eat*. Chicago: University of Chicago Press, 2012.

Levinovitz, Alan. *The Gluten Lie And Other Myths About What You Eat*. New York: Regan Arts, 2015

Mathieu, Jennifer. What is orthorexia? *J Acad Nutr Diet*. 2005;105(10):1510-1512

Nielsen Report. What's in Our Food and On Our Mind: Ingredients and Dining-Out Trends Around the World. August 2016. Accessed March 23, 2017 <http://bit.ly/2lWkQQW>

Pew Research Center. U.S. Public Becoming Less Religious. November 3, 2015. Accessed March 23, 2017 <http://www.pewforum.org/2015/11/03/u-s-public-becoming-less-religious/>

Patton, Leslie. Americans Are Eating More Butter Than Ever. *Bloomberg*, March 14, 2017. Accessed March 23, 2017 <http://bloom.bg/2mVb0Sn>

Reuters, August 2, 2016. McDonald's to remove corn syrup from buns, curbs antibiotics in chicken. Accessed March 23, 2017 <http://cnb.cx/2mRlSCa>

Rozin, Paul. The Selection of Foods by Rats, Humans and Other Animals, *Adv Study of Behav*. 1976;6:21-76

Rozin, Paul. Meaning of Food in Our Lives: A Cross-Cultural Perspective on Eating and Well-Being. *J Nutr Educ Behav*. 2005;37:S107-S112

Rozin, Paul et al. Attitudes to Food and the Role of Food in Life in the U.S.A., Japan, Flemish Belgium and France: Possible Implications for the Diet-Health Debate. *Appetite*. 1993;33:163-180

Schwartz, Barry. *The Paradox of Choice: Why More is Less*. New York: Harper Collins, 2004

Schoenfeld, Johnathan D. Is everything we eat associated with cancer? A systematic cookbook review. *Am J Clin Nutr*. 2013;97(1):127-134

Science Friday Podcast. The Grifter's Real Game? Interview with Maria Konnikova, author of *The Confidence Game*.

<http://www.sciencefriday.com/segments/the-grifters-real-game-psychology/>

Scott, Susie. *Total Institutions and Reinvented Identities*. New York: Palgrave Macmillan, 2011.

Scrinis, Gyorgy. *Nutritionism*. New York: Columbia University Press, 2013.

Sisson, Mark. *Primal Blueprint*. New York: Primal Nutrition, Inc, 2010

Strom, Stephanie. Many G.M.O.-Free Labels, Little Clarity Over Rules. *New York Times*, January 30, 2015 Accessed March 23, 2017 <http://nyti.ms/2oAOAne>

Teicholz, Nina. *The Big Fat Surprise*. New York: Simon & Schuster, 2014

Volkan, Vamik. *The Meaning of Things: Domestic Symbols and the Self*, Cambridge: Cambridge University Press, 1981

Wallbridge, Rob. Organic farmer viewpoint: Has the “Food Movement” become a religious cult? September 14, 2014 Genetic Literacy Project. Accessed February 6, 2017 Accessed March 23, 2017 <http://bit.ly/2nC5kws>

Wang, Dong et al. Association of Specific Dietary Fats with total and cause-Specific Mortality. *J Am Med Assoc Int Med*. 2016;176(8):1134-1145

Wrangham, Richard W. *Catching Fire: How Cooking Made Us Human*. New York: Basic Books, 2009

Yudkin, John. *Pure, White and Deadly*. London: Davis-Poynter Ltd, 1972