

We Are What We Eat Ethnic Food And The Making Of Americans

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We Are What We Eat

We may not have known it ... After all, you can only eat so much fiber, literally. And you won't find much fiber in foods that aren't a good source of nutrition. The more nutritionally ...

How hooked are we on what we eat?

"Individuals don't start pollution. The industry does. We must demand that they stop it," Allison Cobb writes.

Plastic: What we eat and breathe

Can you tell people's social standing by what they eat and when they eat ... Henry Higgins of British food culture, exploring what we put in our mouths, rather than what comes out of them ...

We have always been what we eat, and this is never more true than in Britain

"We found that individuals tend to mirror the food choices of others in their social circles, which may explain one way obesity spreads through social networks," said Dr Douglas Levy, lead ...

Why we are what our friends and colleagues eat

David Anderson: "Wanna know a secret? This oyster I'm about to eat could still be alive! So, why do we do this?" Most people think it's a food safety issue. Keep the oyster alive as long as ...

Why we eat oysters alive

The annual game-bird hunting season kicks off early tomorrow morning - however, a backlog in firearms licence renewals threatens the season for some.

Hunters excited for duck season: 'We always eat what we hunt'

Editors' Blog / Analysis & Opinion News Live Blog Cafe / outside voices & analysis Muckraker / scandal & investigations Podcast Prime / Member Exclusives Features COVID-19 Memberships View Options ...

Chemicals Newly Disclosed As Risky Are In What We Eat...But What?

The study examined the connection between physical activity and its effects on both how and what we eat. The findings offer some interesting insight into our relationship with fitness and food ...

How Exercise Can Influence What We Eat — and How Much

Some scientists suggest the reason for this is due to our bodies kicking into a 'hibernation mode' when the weather cools, so we tend to eat more but move less. This mode also triggers a self ...

Why do we eat more when the weather cools?

Then the land will yield its produce, so that you can eat your fill and live securely on it. "But if you say, "What are we going to eat on the seventh year if we do not sow or gather in our crops?" ...

Steve Ellison: What Will We Eat?

It's also likely to change how we eat, as new migrant communities influence local foodways. To learn more about the struggles faced by those who are forcibly displaced, I traveled to the Eastern ...

Climate Migration Will Change The Way We Eat. Here's a Taste of What's Ahead

So what's the solution? Stop drinking anything with calories? Avoid distractions when we eat? Favour foods that we have to chew? All of the above, of course — though it's hard to see how ...

Additives and addiction — why the food we eat is a minefield

When we talk about food additives ... Prolonged consumption of MSG from an early age encourages children to eat more such types of food — here the flavour enhancers do the trick and it renders ...

'Substance abuse' in everyday food we eat

Hence, the reason we light our birthday cakes on fire ... And then, torture—because no one could eat the cake until after dinner. The family replaced the candles as they burned out throughout ...

Why Do We Eat Birthday Cake?

"We are dining off metre-high piles of fish faeces." media_camera Tasmanian author Richard Flanagan has taken a massive swipe at the state's salmon industry in his latest book.