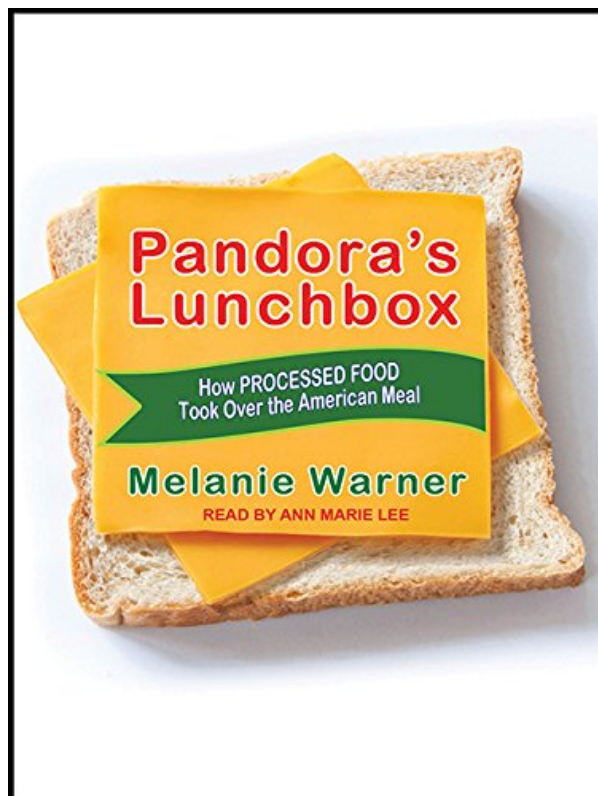
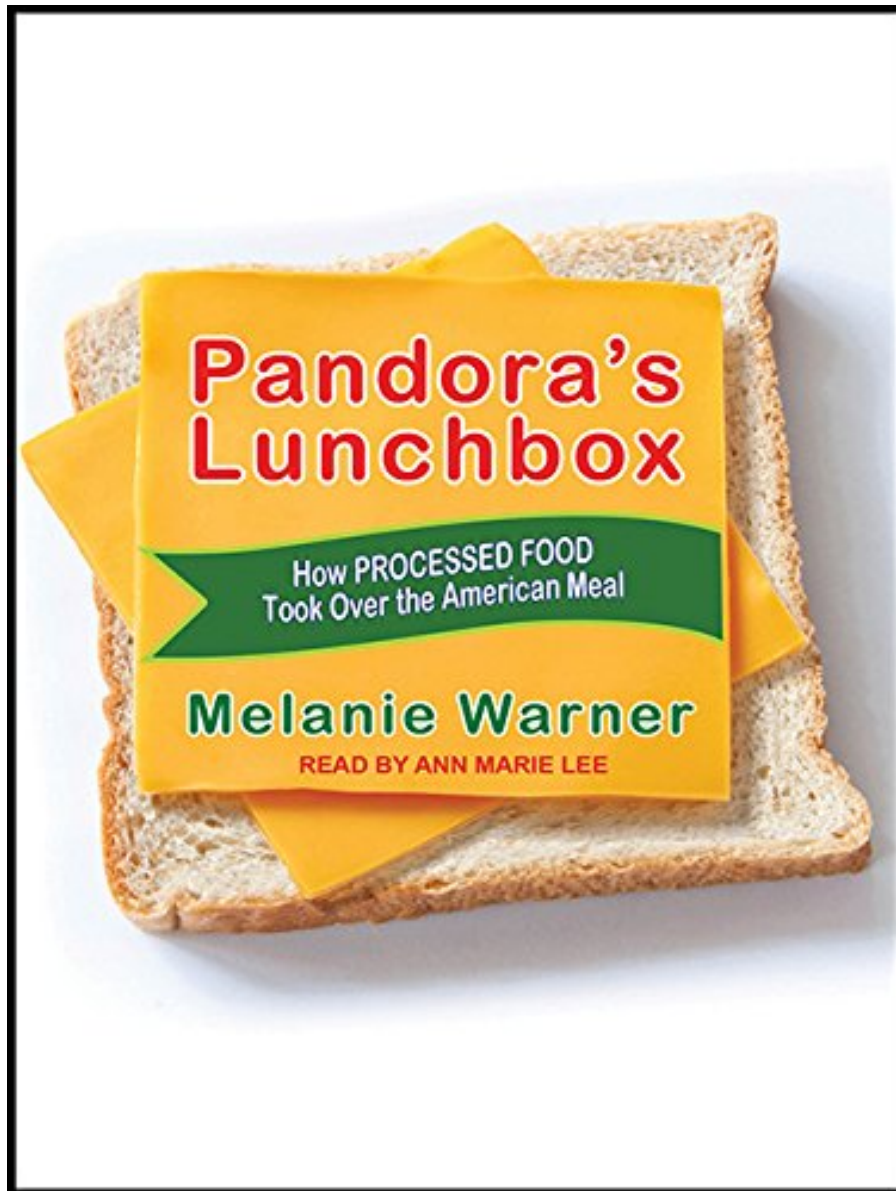


PANDORA'S LUNCHBOX: HOW PROCESSED FOOD TOOK OVER THE AMERICAN MEAL BY MELANIE WARNER



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New updated! The **Pandora's Lunchbox: How Processed Food Took Over The American Meal By Melanie Warner** from the most effective writer and author is currently offered here. This is the book Pandora's Lunchbox: How Processed Food Took Over The American Meal By Melanie Warner that will certainly make your day reading ends up being completed. When you are looking for the published book Pandora's Lunchbox: How Processed Food Took Over The American Meal By Melanie Warner of this title in guide establishment, you may not discover it. The issues can be the minimal versions Pandora's Lunchbox: How Processed Food Took Over The American Meal By Melanie Warner that are given up guide establishment.

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If a piece of individually wrapped cheese retains its shape, color, and texture for years, what does it say about the food we eat and feed our children? Former New York Times reporter and mother Melanie Warner decided to explore that question when she observed the phenomenon of the indestructible cheese. She began an investigative journey that took her to research labs, food science departments, and factories around the country. What she discovered provides a rare, eye-opening-and sometimes disturbing-account of what we're really eating. Warner looks at how decades of food science have resulted in the cheapest, most abundant, most addictive, and most nutritionally devastating food in the world, and she uncovers startling evidence about the profound health implications of the packaged and fast foods that we eat on a daily basis. From breakfast cereal to chicken subs to nutrition bars, processed foods account for roughly seventy percent of our nation's calories. Despite the growing presence of farmers' markets and organic produce, strange food additives are nearly impossible to avoid. Combining meticulous research, vivid writing, and cultural analysis, Warner blows the lid off the largely undocumented-and lightly regulated-world of chemically treated and processed foods and lays bare the potential price we may pay for consuming even so-called healthy foods.

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Most helpful customer reviews

114 of 117 people found the following review helpful.

Trojan Twinkies and Poisoned Apple Jacks

By takingadayoff

Coming on the heels of the excellent *Salt Sugar Fat: How the Food Giants Hooked Us* by Michael Moss, Pandora's Lunchbox might have seemed an also-ran. But there is surprisingly little overlap and the style author Melanie Warner brings is entirely different than the scrappy journalism of *Salt Sugar Fat*.

You already know the story -- there is too much salt, sugar, fat in most of the prepared food items in the supermarkets and in restaurants. They are overprocessed and overpackaged. They have little nutrition and a host of ingredients we don't need or don't need in the vast quantities provided. And don't look to the government to inspect the products or determine what's dangerous -- the government has more of an interest

in promoting agri-business as it does protecting us from abuses. It's nothing new, it's been this way for over a century.

What could have been a depressing and distressing account, in Warner's hands, turns out to be quite an entertaining story with a lot of new information. For instance, her interview with a specialist in creating aromas and tastes for foods was original and informative. Warner's conversational style makes a horrifying story downright fun to read.

There is a subtle theme running through the book along with the more obvious and alarming trends. Every executive and scientist Warner interviewed admitted that they do not eat the products they sell. For them, it's home cooked food from fresh ingredients or restaurants that specialize in organic food. No Lunchables for their kids.

(Thanks to NetGalley for an advance copy.)

52 of 52 people found the following review helpful.

Can't Put it Down--Frightening and Fascinating--Very Well Written

By Mayflower Girl

I heard the author on the Diane Rehm show--and decided to purchase the Kindle version of the book. At the same time, I also purchased Salt Sugar Fat: How the Food Giants Hooked Us as he was on the show too. As I got my Kindle book immediately, I began with it first. I'm so glad I did.

First off, the book is just really well written. The author is an excellent writer--and her book is crafted quite well. It draws you in immediately. The whole history of chemicals, additives, food science, and food safety is completely fascinating. I knew none of it. I also had no idea just how much artificial chemically engineered crap goes into our food--nor that the US allows so many additives which Europeans and other countries find harmful. Why??? I realize that we have a laissez-faire attitude to much--but we're talking about our and our children's health. You would think that based on that, we'd be a little bit more concerned with what went into our food and its safety vs. big business and profit. Like so many things in America, profit trumps all.

I've learned so much. I had no idea how cereal was produced... veggie burgers... artificial colors/flavors, etc. I had no idea just how prevalent all of the chemical preservatives, enzymes, and additives are in our foods--pretty much everywhere, and not always labeled so that you'd know that.

I'm about 3/4s of the way through. It's Sunday night, and I started reading this on Friday night. Today I went to the grocery store--and I was quite wary of purchasing my usual standard food--especially the cereal and other stuff. I'm sure I'll still buy Cheerios and some other processed foods--but probably less, and with my eyes a bit more open. Was going to purchase some cookies, and decided that we'd bake them instead.

I feel that we as a country need to at least work to get the food additives banned in other countries, banned here. Major food companies have alternative versions of their products already created for these non-US markets, we should at least pressure them to offer those versions here.

Oh, if you go to the author's website (or search on Youtube) you can see her videos of eternal food...including the liquified chicken tenders.

Eyes opened. Thank you Melanie!

34 of 34 people found the following review helpful.

What's REALLY in your FRESH blueberry muffin? MUST-READ

By Joanna Daneman

Melanie Warner has done a huge public service by writing this book. She delves into the unpronounceable ingredients you read on a package of prepared foods, and more, she traces the progression that prepared foods have taken to become the dominant products in the American diet. The next time you grab a package of cookies, you'll be able to read the ingredient label and really understand what's going into your mouth. These prepared foods now account for SEVENTY-PERCENT of the calories Americans eat. That's astonishing. But look at your aisles in the grocery store to see how many are devoted to prepared food (the majority.) And look at the coupons and sales fliers; most of the coupons are for prepared foods, encouraging the thrifty shopper to put these into their shopping basket.

I was absolutely delighted to see that Ms. Warner wrote in depth about "Flav-r-Bites" which are prepared jelly bits that are used instead of blueberries in commercial muffins, whether "fresh-baked" at the bakery or even at home by you (from a mix.) Flav-R-Bites are extruded flavored pectin, artificial flavor, sugar and color that imitate the look of blueberries in baked goods, but are stable on the shelf, cheap to make and 99 out of 100 people can't tell they aren't eating a real blueberry. I knew about these years and years ago, because I used to call on food manufacturing companies to visit their QA/QC labs. While sitting in the lobby waiting for an appointment at a very big-name food company, I read the trade journal and they described these new Flav-R-Bites. The next time I ate a blueberry muffin from the donut shop, I picked apart the blueberry and lo, it was exactly that extruded jelly product. Then I got a mix of "blueberry" muffins, a mix that years ago had a tin of wild Maine blueberries to toss in. Now, the mix had blueberry bits right in the flour, and yes, they were Flav-R-Bites.

But fake blueberries are the least of the issues that the author delves into. We can live without commercially-baked blueberry muffins. But what about cheese, "fresh" guacamole, and other foods that may look fresh but are actually not? She goes deeply into each additive and warns the reader where to look on packages of "deli-fresh" foods and even foods in the refrigerator section of the grocery store that are labeled fresh-made or store-made. And she leaves foods past their expiration date and finds out that they don't even spoil.

After you read this, I am certain you will want to be more choosy in what you put on your table. The sad thing is, these foods have become pervasive. I came back from a 3 year stint overseas, living in Europe where food is mostly fresh, and the change in the American foods available was a huge shock. We were not used to all the additives and literally, our tongues would feel "funny" and we noticed food didn't taste good. There has been a profound movement to these shelf-stable foods in the US. I'm convinced that this trend has been a big contributor to obesity in the US. For one thing, I notice that if I eat fresh, unprocessed food (such as locally-raised chicken) I get full and stay full after a meal, eating a lot less. If I eat a processed meal, I often feel just as hungry afterwards, and I tend to eat more. Avoiding these foods is difficult, but the author of "Pandora's Lunchbox" gives us some good guidance.

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