Chapter 11: Nutrition Resources

Movie/Video Resources

*Fast Food Nation* – Originally a book written in 2001 by journalist Eric Schlosser and then adapted into a documentary in 2006. This program examines the evolution of the fast food industry, exploring the impact of mechanizing specific parts of the food manufacturing process to meet demand, the introduction of chemicals to standardize and enhance flavor for mass consumption, as well as the dangers of the meat packing industry.

*Fat, Sick & Nearly Dead* ([www.fatsickandnearlydead.com](http://www.fatsickandnearlydead.com)) – This 2010 documentary is based on the personal success of Joe Cross, who lost 100 pounds and reversed the debilitating effects of an autoimmune disease. He shares his journey to regain his health and inspires others to juice and revert to a largely plant-based diet.

*Fed Up* ([www.fedupmovie.com](http://www.fedupmovie.com)) – Produced in 2014, this documentary focuses on the obesity epidemic in the United States, particularly on the culprit of sugar in processed foods and the way in which the lobbying power of the sugar industry impedes effective policy-making that would confront the role of dietary sugar in foods that are consumed by children in particular.

*Forks Over Knives* ([www.forksoverknives.com](http://www.forksoverknives.com)) – Released in 2011, this documentary is an independent film that examines the connection between the Western diet of processed and animal-based foods (including dairy) and a host of health complications such as coronary artery disease, diabetes, obesity, and cancer. It advocates instead a low-fat, whole-food, and plant-based diet.

*Food Inc.* ([www.takepart.com/foodinc](http://www.takepart.com/foodinc)) - This 2008 documentary examines corporate farming in the United States, more specifically the industrial production of meat being inhumane as well as economically and environmentally unsustainable, the industrial production of grains and vegetables, as well as the profitable production and promotion of cheap but contaminated food to the American public. Their website includes advocacy and social action initiatives that can be undertaken at both the individual and collective level. There are also additional resources for ways to address and change the food system.
Food Matters (www.foodmatters.tv) – The primary focus of this 2008 documentary is on the importance of a selective diet in treating health issues such as diabetes, cancer, heart disease, and even depression. It provides a fairly scathing commentary on the medical and pharmaceutical industry as a “sickness industry” that profits more from treating symptoms than one finding a cure for a particular illness. Their website sources challenge individuals to take ownership for their own health, providing recipes and other resources for personal wellness.

Jamie Oliver’s Food Revolution (www.jamieoliver.com/us/foundation/jamies-food-revolution/home) – Originally a television series that aired between 2010 and 2011, the show’s mission was to reform school lunch programs in the United States. Since then, Jamie’s advocacy work continues through his website where his motto is “Stand up for real food.” Through research of what young kids know about food, Jamie reveals compelling gaps in knowledge about what basic fruits and vegetables look like or where foods come from, which motivates his additional commitment to improving food education in schools. Resources for how schools can be involved in educating kids and reforming school food are provided on the website.

Fresh (www.freshthemovie.com) – Not to be confused with the theatrical movie of the same name released in the mid-1990’s, this 2009 documentary focuses on sustainable agriculture and highlights several examples of farmers, activists, and entrepreneurs that are working to change America’s current system of food production.

Hungry for Change (www.hungryforchange.tv) – Produced and directed by the same partners of “Food Matters,” this 2012 documentary exposes the deceptive strategies of the diet, weight loss, and food industry that actually impede our journey to better health. Motivated by illness in their own family, they have interviewed leading health and medical experts and included real life stories of transformative experiences to overcome sickness and obesity through taking charge of their own health journey.

Super Size Me – Independent filmmaker Morgan Spurlock is the brainchild behind this 2004 American documentary where he undertakes a 30-day challenge to eat only McDonald’s food. The film follows the dramatic and nearly immediate effect on his physical and psychological wellness during which time he also gained nearly 25 pounds. It puts into question the role and responsibility of an industry, which he compares to the tobacco industry, for promoting an
addictive and harmful product for its own profitable gain at the knowing expense of its consumers, many of whom are young children.

**Other Resources**
Bailor, J. (2013). *Calorie Myth*. New York: HarperWave. – Based on over 1,200 scientific studies, author Jonathan Bailor challenges the notion that calorie counting is the most effective method of weight loss. Instead, Bailor suggests that focusing on exercise intensity and quality of calorie and food choices is the key to better fat-burning and overall health.

Center for Ecoliteracy (www.ecoliteracy.org) – With a focus on sustainable living, this Center advocates for greater education in “ecological intelligence.” Through a host of publications and other resources, the Center advocates for greater awareness and action particularly through our schools by working with teachers, parents and students to examine how interrelated systems of nature nurture life, learn how food is grown, and even how to re-invent school lunch programs through focus on sustainability.

Center for Science in the Public Interest (CSPI) (www.cspinet.org) – Over the last forty years, CSPI has become a well-known and well-respected community health and science-based organization devoted to ensuring the provision of safe and nutritious food. Consumers can subscribe to CSPI’s free Nutrition Action Newsletter to stay abreast of their research, policy initiatives, and advocacy efforts.

Go Ask Alice! (www.goaskalice.columbia.edu) – Spearheaded by the staff of Columbia University’s Health Promotion office, Go Ask Alice! is an online resource that allows any user to search and peruse their extensive Q&A library for information on a variety of wellness-related topics including nutrition.

Environmental Working Group (EWG) (www.ewg.org) – EWG is a non-profit organization focused on empowering citizens with access to information and easy-to-use online tools to advocate for better health, chemical-free food, and cleaner environments. Their online resources include many user-friendly consumer guides such as the Dirty Dozen and Clean Fifteen that distill which are the best investments for organic produce purchases.

GRACE Communications Foundation (www.gracelinks.org) – This organization is focused on information dissemination, public awareness, consumer action, and policy initiatives on
sustainability as it relates to our food supply, water supply, and energy sources. It also provides grant funds to organizations that share their mission. Individuals can sign up to receive regular email updates.

Harvard School of Public Health (www.hsph.harvard.edu/nutritionsource) – Visit Harvard’s Nutrition Source for the Healthy Eating Plate they have developed in lieu of the USDA’s MyPlate eating guidelines. Using evidence-based research, this alternate eating plan provides the resources for individuals to choose a well-balanced diet of the macronutrients needed for optimal health. Consumers can sign up to be on a regular mailing list.

Heller, S. (2010). Get Smart: Samantha Heller’s Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health. Baltimore, MD: Johns Hopkins University Press. – Nutritionist Samantha Heller focuses on how good nutrition can directly benefit brain functioning, boost learning, and improve memory. Readers are provided specific recipes and recommendations that can be implemented in everyday life.

Johns Hopkins Bloomberg School of Public Health (www.meatlessmondays.com) – Originally enacted in WWI and again in WWII as a way for ordinary citizens to reduce consumption and support the war effort, the Meatless Mondays Campaign was revived and reinvented in 2003 to have public health and sustainability implications. The website offers relevant research, recipes, and specific tools to help support various industries that want to honor Meatless Mondays.

School Nutrition Association (SNA) (www.schoolnutrition.org) – SNA is the “national organization of school nutrition professionals committed to advancing the quality of school meal programs through education and advocacy.” This resource can be useful not only for students in education, hospitality, and nutrition fields, but also for educators that are interested in the latest research, professional development opportunities, and publications on school meals. While geared toward K-12 audiences, there is transferability to campus dining halls as well.

Sinclair, U. (2003). The Jungle: The Uncensored Original Edition. New York: Upton Sinclair Sharp Press. – This book could be used as an interesting classroom discussion tool in an English or Reading class to explore issues related to the FDA and the food industry, especially as it might relate or compare to current-day policies and procedures.
The Student’s Guide to Nutrition (www.bestcolleges.com/resources/student-nutrition) – While the mission of this website is help students make decisions about which college to attend, it does provide a resource section on basic nutrition that is geared specifically for college students once they are on campus that they may find appealing.

Unblind My Mind: Discover Food for Health (www.unblindmymind.org) – Spearheaded by biochemist Dr. Katherine Reid, this is a non-profit organization dedicated to raising awareness about the connection between the foods we eat and the growing number of health ailments we face in modern society. In turn, it is focused on assisting consumers to use dietary modifications in therapeutic ways. Support services include menu planning, recipes, and grocery assistance to determine best foods to purchase and consume.

University of North Carolina – Chapel Hill (www.cpc.unc.edu/projects/nutrans) – Along with the Nutrition Transition Program, UNC nutrition professor and researcher Barry Popkins investigates global trends towards obesity and our changes in dietary intake along with its relationship to demographic and epidemiological shifts in life expectancy and disease trends. Identifying patterns and consequences at economic and social levels contributes to their policy initiatives for the food and beverage industries.