**Three pre-publication Amazon.com reviews of *Food Politics.***

Note that all are filed on February 22, signed “A Customer,” and give the book 1 out of 5 stars.

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|  | Review #1, 1.0 out of 5 stars  **Nestle forgot a not-so-little thing called WILL POWER!**, February 22, 2002  By **A Customer**  Weak-willed people will love "Food Politics" - shame on them. Marion Nestle, one of the foremost food nannies in this country, has produced a book that heaps the blame for obesity, diabetes, and heart disease on food producers, marketing executives, and even school principals. Everyone, it seems, is responsible for those love handles except for the very people who are carrying them around.  In Ms. Nestle's world, there is no willpower, common sense, or personal responsibility. Most overweight people are simply passive "victims" of industry. She writes: "I have become increasingly convinced that many of the nutritional problems of Americans -- not least of them obesity -- can be traced to the food industry's imperative to encourage people to eat more in order to generate sales and increase income in a highly competitive marketplace." Excuse me? Ad campaigns and super-size restaurant specials may "encourage" me to eat but they don't compel me. That's because, like most people, I belong to the "a-little-of-what-you-fancy-does-you-good" school of eating. There is no Orwellian plot to hook us on certain foods and drinks from cradle to nursing home.  Ms. Nestle's book reminds me of her real agenda: the promotion of a "fat tax" or "Twinkie tax" on food and drinks, which in moderation and as part of a balanced diet, add fun to everyday life. This policy could actually work against the objectives of the food nannies. The aim would be to discourage consumers from buying certain products, yet this "sin tax" could make the goods more alluring to shoppers who are looking for a little indulgence. Of course, the biggest reason to oppose Ms. Nestle's hidden agenda is that consumers don't need another tax, thank you very much. This nagging book misses the mark. Eat, exercise, be happy.   |  | | --- | |  | |

Review #2, 1.0 out of 5 stars

**Food Hysteria**, February 22, 2002

By **A Customer**

Individuals incapable of thinking for themselves will truly appreciate, Marion Nestle's book - Food Politics. The author, a professor and of the department of nutrition and food studies at New York University puts much of the blame for the nation's weight problem on the food industry. Has she ever heard of personal responsibility, exercise, and appropriate dieting?

Nestle takes a specific aim at the impact on children and claims that the "food industry targets children and converts schools into vehicles for selling junk foods that are high in calories but low in nutritional value. Clever and slick marketing strategies target consumers from the cradle onward." She refuses to acknowledge some key facts. Obesity in children is caused in part, to the lack of exercise. Urban and other limited budget school districts across the country continue to reduce daily physical education programs, football, and other extra-curricular activities. Moreover, the lure of computer games and twenty-four hour cable programs have children sitting still for hours throughout the day.

Nestle's book only creates the kind of hysteria caused by our litigious society. The Surgeon's General's recent remarks declaring that obesity is a major health problem has greedy trial lawyers considering filing lawsuits against food and beverage companies. This whiny book only helps them "fuel the fire" and reaches their goals.

Review #3, 1.0 out of 5 stars

**Nestle needn't look down on John Q. Public**, February 22, 2002

By **A Customer**

Marion Nestle's book "Food Politics" makes clear that the political system she favors is dictatorship - with her in command. Marion is just so much smarter than us all, and so much more virtuous, and so much more in self-control, that she can be the meal planner for the world. If you disagree with anything she says, you're overweight, undereducated and stupid.

The author's motto could be "if it tastes good don't eat it." She rails against foods we've all grown up with and enjoy, and wants to make us feel like bad parents if we let our kids have any of these foods. Should we eat like pigs? Of course not. Should people who are obese have stricter diets than the rest of us? Absolutely. But there's no need for everyone, regardless of their weight and their health, to deny themselves moderate amounts of enjoyable foods. We'd all be better off is we got up off our rear ends and spent less time in front of the TV and playing video games, and more time engaging in sports and exercise to burn up excess calories and build stronger, healthier bodies.