

Contents

<i>Preface</i>	ix
PART I Farming	
1 <i>Plant crops</i>	3
2 <i>Early meat</i>	31
3 <i>Intensive rearing of mammals and birds</i> <i>– a true horror story</i>	47
4 <i>Salmon and polyunsaturated fats</i>	67
PART II Food processing	
5 <i>Dried food</i>	85
6 <i>Bread food</i>	99
7 <i>Moist processed food</i>	115
PART III Composition of food	
8 <i>Meat substitutes</i>	141
9 <i>Food poisoning</i>	151
10 <i>Additives</i>	177
PART IV Getting ready to eat	
11 <i>The supermarket</i>	191
12 <i>Water, brown fizz and alcoholic drinks</i>	205
13 <i>Take-aways</i>	217
14 <i>For those of you with kitchens</i>	231
PART V The ideal diet	
15 <i>The ideal diet</i>	245

16	<i>Hospital food – need it be so bad?</i>	277
17	<i>Enjoying eating</i>	287
	PART VI Is there a solution?	
18	<i>Is there a solution?</i>	313
	<i>Glossary</i>	325
	<i>Further reading</i>	329
	<i>Index</i>	331