

Is Your Weight “Problem” Your Fault?

America has long been obsessed about diet and weight, going back to the mid-1800s. In the early 20th Century international food shortages around World War I led the US government to promote eating less. To be thin was to be patriotic. To be overweight made you somehow morally deficient. The books below are real eye-openers. Have we made progress? Not sure. These books are fascinating.

Helen Zoe Veit, *Modern Food, Moral Food: Self Control, Science, and the Rise of Modern American Eating in the Early Twentieth Century* (Chapel Hill, University of North Carolina Press, 2013).

Susan Yager, *The Hundred Year Diet, America’s Voracious Appetite for Losing Weight* (New York: Rodale, 2010).

And how the food industry has hooked us. Our addiction to these ingredients is no accident. These award-winning books may make you mad enough you swear off snacks for good.

Bee Wilson, *The Way We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World* (New York: Basic Books, 2019)

Eric Schlosser, *Fast Food Nation* (New York: Houghton Mifflin, 2001)

Michael Moss, *Salt Sugar Fat: How the Food Giants Hooked Us* (New York: Random House, 2013) and *Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions* (2021)