

"la Caixa" Social Studies Collection

Volume 24: **Diet, consumption and health**

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The objective of this present study is to offer an analysis of the current food situations that have awakened great social concern. Our intention is to focus on the social dimension of these problems and the motives for their recent appearance in public debate. The study is an investigation of the concepts of good diet, food safety, risk and health, as well as an inquiry into their changing character and implications for today. The new roles of public and private institutions in relation to consumers and new eating disorders such as obesity and anorexia are also analysed.

The study begins from a paradox: never before has so much been known about food and nutrition; never before has food safety and dietary health been the object of so much attention (and regulation), yet never before has there been so much confusion and concern about what to eat as consumers find themselves faced with a proliferation of recommendations and dietary advice. While for their part, institutions are concerned about dietary changes and their repercussions on public health.

This book offers some keys to understanding the social roots of these issues. It is a response to some of the questions raised by this new scenario in which there is no lack of food, but in which, curiously, food has become a problem.