



# Nutrition and Food Safety (Healthy Eating: A Guide to Nutrition)

*Terry L Smith*

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Food recalls, recently of beef, spinach, peanut butter, and cookie dough, have made people nervous about eating some of their favorite foods. Every year, millions of people contract a food-borne illness. While many cases are nothing more than an upset stomach, some result in serious sickness. Nutrition and Food Safety explores the many risks to our food and water supplies, including bacterial contamination, agricultural pesticides, food additives, allergens, and industrial chemicals. Rapid changes in the food industry often outpace the ability of government oversight to protect the consumer. Learn about the interconnecting responsibilities of farmers, food processors, retailers, government regulators, and consumers to assure a safe food supply.

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