



“Americans at the Table: The Political Language of Food”

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Suggested Reading:

Atkins, Robert C. *Dr. Atkins' Diet Revolution: The High Calorie Way to Stay Thin Forever*. New York; D. McKay Co., 1972.

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Hyman, Mark. *Eat Fat, Get Thin*. New York: Little, Brown and Company, 2016.

Ludwig, David. *Always Hungry?* New York: Grand Central Life & Style, 2016.

Perlmutter, David & Kristin Loberg. *Grain Brain*. Little, Brown and Company, \ 2013.

Taubes, Gary. *Why We Get Fat and What to Do About It*. New York: Alfred A. Knopf, 2011.

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Taubes, Gary, and Kristin Kearns Couzens. "Big Sugar's Sweet Little Lies." *Mother Jones*, November/December, 2012.
<http://www.motherjones.com/environment/2012/10/sugar-industry-lies-campaign>

Teicholz, Nina. *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet*. New York: Simon and Schuster, 2014.

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<http://www.cnn.com/2014/09/06/opinion/teicholz-fear-of-dietary-fat-melting/>

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Walsh, Bryan. "Don't Blame Fat," *Time*, June 23, 2014, 30-35