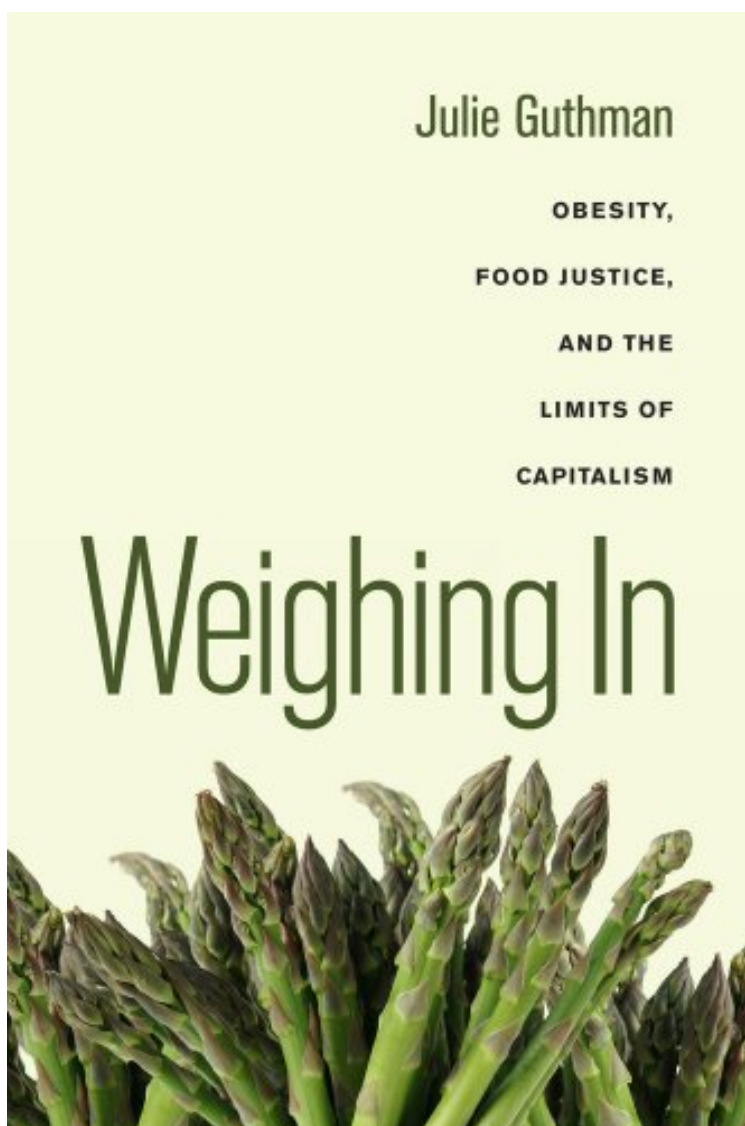


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Weighing In: Obesity, Food Justice, and the Limits of Capitalism (California Studies in Food and Culture)

Julie Guthman

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Weighing In takes on the obesity epidemic,rdquo; challenging many widely held assumptions about its causes and consequences. Julie Guthman examines fatness and its relationship to health outcomes to ask if our efforts to prevent obesityrdquo; are sensible, efficacious, or ethical. She also focuses the lens of obesity on the broader food system to understand why we produce cheap, over-processed food, as well as why we eat it. Guthman takes issue with the currently touted remedy to obesitypromoting food that is local, organic, and farm fresh. While such fare may be tastier and grown in more ecologically sustainable ways, this approach can also reinforce class and race inequalities and neglect other possible explanations for the rise in obesity, including environmental toxins. Arguing that ours is a political economy of bulimiaone that promotes consumption while also insisting upon thinnessGuthman offers a complex analysis of our entire economic system.

ldquo;Weighing In is the book that fat studies and critical geographers of fat have been waiting for.rdquo;