



## Stuffed: An Insider's Look at Who's (really) Making America Fat and How the Food Industry Can Fix it

By Hank Cardello, Doug Garr

HarperCollins Publishers Inc, United States, 2010. Paperback. Book Condition: New. Reprint. 202 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For more than 30 years, Hank Cardello was an executive and adviser to some of the largest food and beverage corporations in the world. For more than 30 years, he watched as corporate profits - and America's waistlines - ballooned; fattening consumers meant fattening profits. Now, in this fascinating and timely book, Cardello offers a behind-the-scenes look at the business of food, providing an insider's account of food company practices, failed government regulations, and misleading media coverage that have combined to place us in the middle of a national obesity epidemic. With insights culled from Cardello's time in the food industry, *Stuffed* explores how food companies have spent the last 50 years largely ignoring healthier fare in the name of their bottom lines, while pushing consumers toward convenience food and super-sized portions without considering the health consequences. From grocery aisles to restaurant booths to boardrooms, Cardello reveals the hidden forces that have long shaped your supermarket purchases and menu selections. But Cardello makes clear that food companies shouldn't take all...



[READ ONLINE](#)  
[ 2.18 MB ]

### Reviews

*This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.*

-- **Jamil Collins**

*Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.*

-- **Brian Bauch**