



## 100-mile diet: a year of local eating

<https://iha.andornot.com/permalink/library14501>

Author: [Smith, Alisa](#)  
[MacKinnon, J. B](#)

Place: Toronto

Publisher: Random House

Pub Date: 2007

Physical Description: 266 p. ; pbk.

Format: Book

Subject: [Food Industry](#)  
[Food habits](#)  
[Farm produce](#)  
[Wellness](#)

Notes: Includes bibliographical references.

ISBN: 9780679314837

Call No.: TX 360 S642 2007

Location: KBH Library  
RIH Library Wellness  
VJH Library Wellness

Loan Policy: 21 days



## Fed up

<https://iha.andornot.com/permalink/library17990>

Author: [Monroe, Mark](#)  
[Soechtig, Stephane](#)

Place: [Santa Monica CA]

Publisher: Atlas Films

Pub Date: 2014

Physical Description: 1 DVD (99 min.)

Format: DVD

Subject: [Food Safety](#)  
[Pediatric Obesity](#)  
[Obesity](#)  
[Nutrition Policy](#)  
[Social Problems](#)  
[Food Industry](#)  
[Food habits](#)  
[Wellness](#)

Abstract: "Narrated by Katie Couric, the film blows the lid off everything that was known about food and exercise, revealing a 30-year campaign by the food industry, aided by the U.S. government, to mislead and confuse the American public. Exposing the hidden truths contributing to one of the largest health epidemics in history, it follows a group of families battling to lead healthier lives and reveals why the conventional wisdom of 'exercise and eat right' is not ringing true for millions of people." -- Worldcat

Notes: Narrated by Katie Couric  
"From Laurie David Producer of An Inconvenient Truth" -- front cover

Call No.: WA 695 F292 2014

Location: KGH Library Wellness

Loan Policy: 21 days



## **Food, Inc.**

<https://iha.andornot.com/permalink/library15467>

Place: Los Angeles CA  
Publisher: Magnolia Home Entertainment  
Pub Date: 2008  
Physical Description: 1 disc ; 91 min.  
Format: DVD  
Subject: [Environmental sustainability](#)  
[Food Industry](#)  
Abstract: Food, Inc. lifts the veil on the food industry, exposing how our food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our environment.  
Notes: Library home use only  
No public performance rights  
Call No.: HC 79 F686 2008  
Location: KBH Library  
Loan Policy: 21 days



## Hungry for change

<https://iha.andornot.com/permalink/library17991>

Author: [Colquhoun, James](#)  
[ten Bosch, Laurentine](#)

Place: [Mooloolaba AU]

Publisher: Permacology Productions

Pub Date: 2012

Physical Description: 2 DVDs (89 mins. + extras)

Format: DVD  
Book

Subject: [Diet Therapy](#)  
[Diet, Reducing](#)  
[Food Industry](#)  
[Wellness](#)

Abstract: "From the creators of the best-selling documentary Food Matters comes another hard-hitting film certain to change everything you thought you know about food and nutrition. It exposes shocking secrets the diet, weight loss and food industries don't want you to know about deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever." -- Worldcat

Notes: Foreword by Mark Hyman, M.D.  
Companion booklet: "Hungry for change: ditch the diets, conquer the cravings, and eat your way to lifelong health".

Call No.: WB 400 H936 2012

Location: KGH Library Wellness

Loan Policy: 21 days



## The town that food saved: how one community found vitality in local food

<https://iha.andornot.com/permalink/library16053>

Author: [Hewitt, Ben](#)  
[Morey, Arthur](#), narrator

Edition: Unabridged

Place: [Ashland OR]

Publisher: Blackstone Audio

Pub Date: 2010

Physical Description: 7 CDs (7 hrs 30 min)

Format: Audio

Subject: [Food Supply](#)  
[Food Industry](#)  
[Sustainable agriculture](#)  
[Entrepreneurship](#)  
[Wellness](#)

Notes: Title from container

ISBN: 9781441766557

Call No.: HD 9008 H37 H611 2010 A/V

Location: RIH Library Wellness

Loan Policy: 21 days



## Unsavory truth: how food companies skew the science of what we eat

<https://iha.andornot.com/permalink/library20813>

Author: [Nestle, Marion](#)

Place: New York NY

Publisher: Basic Books

Pub Date: 2018

Physical Description: vii, 310 p.

Format: Book

Subject: [Food Industry](#)  
[Nutrition Policy](#)

Notes: Includes bibliographic references and index.

ISBN: 9781541697119

Call No.: WA 695 N468 2018

Location: KGH Library  
VJH Library

Loan Policy: 21 days