

IN DEFENSE OF FOOD

1 x 60 HD



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CONTACT

Tom Koch, Vice President
PBS International
10 Guest Street
Boston, MA 02135 USA

TEL: 617-300-3893
FAX: 617-779-7900

jt Koch@pbs.org
pbsinternational.org

In Defense of Food tackles a question more and more people around the world have been asking: what should I eat to be healthy? Based on award-winning journalist Michael Pollan's best-selling book of the same name, *In Defense of Food* explores how the modern diet has been making people sick and what can be done to change it. Pollan's journey of discovery takes him from the plains of Tanzania, where one of the world's last remaining tribes of hunter-gatherers still eats the way our ancestors did, to Loma Linda, California, where vegetarians live longer than almost anywhere else on Earth, and eventually to Paris, France, where a diet rooted in culture and tradition proves surprisingly healthy.

Pollan shows how flawed nutrition science and deceptive marketing practices, abetted by government and media, have encouraged consumers to replace real food with scientifically engineered "food-like substances." He also discovers some surprising new breakthroughs that nutrition scientists are making today, and explains why the solution to our dietary woes is in fact remarkably simple: eat food, not too much, mostly plants.

Pollan argues that many of our troubles stem from thinking about foods primarily in terms of the nutrients that are in them—a tendency fueled by the food industry's practice of making health claims on their products based on which nutrients they've added (such as vitamins, fiber, Omega-3s) or taken away (fat). But science actually shows that a wide variety of diets can be healthy, provided they consist of the kinds of whole foods the human species has evolved to eat—foods that include all the nutrients we need.

In Defense of Food examines everything from the latest science about Omega-3s and Omega-6s to what we're learning about the biochemical roots of our craving for sugar, and how hidden environmental cues influence not only how much we eat, but what we eat. The film looks at why nutritional guidelines that advised reducing fat in our diet had the unintended consequence of increasing obesity, what the latest studies show about the benefits of a plant-based diet and the role of the trillions of bacteria in our gut—an emerging new field of nutrition science that is changing the way scientists think about food and health.

Based on this research, *In Defense of Food* offers viewers simple, practical advice throughout the program about healthier eating, such as: "Don't eat anything your great-grandmother wouldn't recognize as food," and, "Eat only foods that will eventually rot." It is indispensable viewing for anyone interested in food and health.

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CREDITS

Executive Producer: Kiki Kapany
Producer, Director: Michael Schwarz
Producer, Writer: Edward Gray

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