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Stuffed: An Insider's Look at Who's (Really) Making America Fat and How the Food Industry Can Fix It Paperback - February 2, 2010 by Hank Cardello (Author)

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“An Insider’s Look at Who’s (Really) Making America Fat and How the Food Industry Can Fix It,” Stuffed by food industry executive Hank Cardello exposes how the board room decisions and slick marketing machines of restaurant chains, supermarket companies, and food packagers along with failed governmental regulations and misleading media coverage have spurred the current obesity epidemic.

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I was curious to read Hank Cardello's Stuffed: An Insider's Look At Who's (Really) Making America Fat. It is an interesting, somewhat informative, book. The first five chapters focus on the 'who' is making America fat.

Stuffed: An Insider's Look at Who's (Really) Making ...

By Hank Cardello, Doug Garr, ISBN: 9780061896743, Paperback. Bulk books at wholesale prices. Min. 25 copies. Free Shipping & Price Match Guarantee

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For more than thirty years, Hank Cardello was an executive and adviser to some of the largest food and beverage corporations in the world. For more than thirty 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...

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According to Hank Cardello author of Stuffed: An Insider's Look at Who's (Really) Making America Fat, the cause of the problem is actually a combination of factors, and the solution is even more complex than we think. Cardello comes from a marketing background, having pushed beer, soft drinks, and sugary cereals on the unsuspecting public.

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