

Marion Nestle

Quotes

*Country, Safety, People, Vegetables, Moving, Government, Animal, Fda,
Thinking, Simple, Agency, Incentives, Claims, Mean, Two, Nutrition, Labels,
Disease, Doe, Space*

There's no question that largely vegetarian diets are as healthy as you can get. The evidence is so strong and overwhelming and produced over such a long period of time that it's no longer debatable.

~Marion Nestle

Unbelievable as it may seem, one-third of all vegetables consumed in the United States come from just three sources: french fries, potato chips, and iceberg lettuce.

~Marion Nestle

The real reason for health claims is well established: health claims sell food products.

~Marion Nestle

Eat less, move more, eat lots of fruits and vegetables, go easy on junk foods.

~Marion Nestle

Here we have the great irony of modern nutrition: at a time when hundreds of millions of people do not have enough to eat, hundreds of millions more are eating too much and are overweight or obese.

~Marion Nestle

The key dietary messages are stunningly simple: Eat less, move more, eat more fruits and vegetables, and don't eat too much junk food. It's no more complicated than that.

~Marion Nestle

These days the biggest issue is how many calories you consume. So all of this stuff distracts people from thinking about calories.

~Marion Nestle

They (food companies) are putting \$36 billion into directing those choices. And their methods are very effective.

~Marion Nestle

Restaurants that have health-conscious consumers will pay attention to this.

~Marion Nestle

It's a completely reasonable diet -- heavy on fruits and vegetables and fresh, seasonal foods. I'm totally for it. It's common sense in a nice package.

~Marion Nestle

One can only be in awe of the creativity of chocolate marketers. My take is that if there is a health benefit, it is small.

~Marion Nestle

Consumers have to understand that the purpose of these claims is to get them to buy the product.

~Marion Nestle

It's a tremendous way of getting people to buy more at lower cost to the producer. There's no question that that's an incentive to buy. Everybody loves a bargain.

~Marion Nestle

There are loopholes big enough to drive trucks through. And Congress needs to take a look at those laws and make sure that they're much more rigorous.

~Marion Nestle

If we have a food supply that we can't trust, that has enormous implications for the way we view government, for the way we trust business, and for our international trade relations.

~Marion Nestle

Once the Government Accountability Office did a review of food safety systems in other countries and found many things about those food safety systems that were better than ours [American].

~Marion Nestle

The general public believes that if a health claim is on the label the government backs that up, ... This sells food products, no question.

~Marion Nestle

Fat is mainstream, which is why everyone has become complacent. What used to be considered pudgy before isn't even worthy of a comment today.

~Marion Nestle

The chef has kids complaining to their parents the food they get in school is better than what they get at home. He's turned this group of kids into curious, adventurous eaters.

~Marion Nestle

The trans fat label has been an enormous incentive for food companies to take trans fat out of their products.

~Marion Nestle

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