



# From Famine to Fast Food: Nutrition, Diet, and Concepts of Health around the World

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The foods eaten by a nation's population play a key role in shaping the health of that society. This book presents country-specific information on how diet, food security, and concepts of health critically impact the well-being of the world's population.

- Provides concise, accessible information in a ready-reference format that covers most major countries as well as a variety of non-country populations
- Includes an introductory essay that creates a conceptual framework for students
- Presents dozens of recipes that provide various real-world examples of the types of traditional foods eaten in other regions of the world
- Supplies further readings at the end of each entry that guide readers to additional sources of information

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