

CONTENTS

List of tables and figures	ix
Acknowledgment	xi
Foreword	xiii
Chapter 1: Good food, good eating, good living	1
1.1 How it all began	3
1.2 What is the matter with our food?	4
1.3 The setup of this book	5
Chapter 2: What do philosophers say about nutrition? A brief history	7
2.1 Production	8
2.2 Consumption	11
2.3 Conclusion	15
Chapter 3: Toward a philosophy of nutrition	17
3.1 Esthetic, social, cultural, and moral functions of food	17
3.2 You are not what you eat	21
Chapter 4: Modern and postmodern lifestyles and foodstyles	23
4.1 Nature, risks, globalization, and individualization	23
4.2 Late-modern lifestyles and foodstyles	25
Chapter 5: Ethics and politics of nutrition - liberal versus deliberative perspectives	29
5.1 Autonomy and fairness versus identity in a community	29
5.2 The neutral liberal perspective on autonomy	32
5.3 Problems of the liberal approach	35
5.4 The deliberative perspective on nutrition	37
5.5 Toward non-neutral, impartial ethics and politics of nutrition	39
5.6 Conclusion	41
Chapter 6: Living with ethical dilemmas	45
6.1 Ethical dilemmas in agriculture and nutrition	45
6.2 Three approaches in food ethics	47
6.3 Deliberative ethics – debate, values, and trust	51
6.4 Heuristic of ethical reasoning	55
6.5 Conclusion	58

Chapter 7: Welfare of and respect for living beings. May we eat anything?	61
7.1 Plants	62
7.2 Humans versus animals? Anthropocentrism, anthropomorphism, and zoocentrism	64
7.3 Some of my best friends eat meat. Philosophers about eating meat	68
7.4 Does keeping animals imply caring for them?	71
7.5 Justification for killing and eating farm animals	86
7.6 Keeping cattle in large or small volumes	90
7.7 The failure of agricultural expertise and the cost-benefit analysis in the foot-and-mouth disease crisis	92
7.8 Conclusion	94
Chapter 8: Heaven or hell: scientific production and preparation of food	97
8.1 Scientific production, cooking, and eating of food	99
8.2 Great promises and the turnaround to Frankenfear	101
8.3 Between food and drug – functional food	113
8.4 Genomics and nutrigenomics	126
8.5 A deliberative and practical perspective – new practices and responsibilities	130
8.6 How shall we feed ourselves in a technological culture?	131
8.7 Conclusion – Does food technology mean good living?	132
Chapter 9: Globalization of the food production system	135
9.1 Globalization and its discontents	136
9.2 Trading in food – risks and culture	141
9.3 Poverty and world hunger	145
9.4 International democratic government structures and public forums	147
Chapter 10: Consumers, abundance, and responsibility	149
10.1 Consumption or consumer society	150
10.2 Where consumers stand – on the sideline	152
10.3 Consumers, citizens, and markets	155
10.4 Tastes – enjoying, feasting, and fasting	160
10.5 Gluttony – sin or pleasure	164
10.6 Individual rights and responsibility	173
Chapter 11: The future of nutrition and agriculture	175
11.1 Three challenges	175
11.2 Key ethical concepts	176
11.3 The edible landscape in Europe and the rest of the world	177
11.4 Conscious consumers	179
11.5 The edible government	180
11.6 Good living is eating with moral dilemmas	183

Appendix 1	Differences in Risk Perception and Views on Food Safety	185
Appendix 2	New Public Responsibilities for Food Scientists	193
Literature		201
About the author		213