



GOOD TO EAT

FOOD AND HEALTH AT A TIME OF INFORMATION OVERLOAD

Monograph coordinated by Gonzalo Casino and Montserrat Rabassa

For most of the world's population, eating is no longer what it was just a few decades ago. The diversification and globalisation of the food supply, the industrialisation of food, and the abundance of information have simplified this everyday activity, but they have also made it more complex. Never before has it been so easy to eat well and to eat poorly. The proof is that obesity and overweight are no longer a problem exclusive to the richest, while nutritional deficiencies do not affect only the most impoverished. The new thing about our time is that both problems, over-nutrition and under-nutrition, coexist not only in countries and cities, but also within the same family and even throughout a person's lifetime.

Growing concern for health has fuelled interest in the relationship between diet and disease prevention. But despite the remarkable scientific advances, there are still many unanswered questions, and many evidence-based messages do not reach the population and are lost in a sea of misinformation and half-truths. In this monograph, apart from presenting a brief social history of food, we will delve into the advances in nutritional epidemiology, we will separate facts and fiction regarding current food, we will review what reliable dietary recommendations are and how they are identified, we will explain the evolution of dietary guidelines with an example, we will tackle the problem of ultra-processed food from the point of view of addiction and we will analyse miracle diets and how to detect them.

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The particular still lifes that illustrate this monograph are the work of José María Molina Ciges (Anna, Canal de Navarrés, Spain, 1938), one of the most important figures in contemporary Valencian art. After a constant career spanning fifty years, he is known for his expressive and striking compositions, heir to his personal evolution, as well as the many influences he cites as a source of inspiration, such as the colours of Lichtenstein's or Warhol's pop works. This collection of works is entitled «A memory of Morandi», in homage to the Italian artist Giorgio Morandi, who turned everyday objects into the protagonists of his canvases; more specifically, bottles, jars, vases... Molina Ciges drinks from Morandi's glasses and creates new atmospheres for us to delve into the pages of this issue.

On the left, Molina Ciges. Series «A memory of Morandi», 2020. Acrylic and India ink on cardboard, 21 × 28 cm.