

# Food Labeling and Genetic Research

Scientific American is one of my favorite magazines- it educates, informs and occasionally even entertains. The September 2013 special issue on Food is quite broad in its appeal and touches on a host of issues including food

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## Processed Foods or Prepared foods

Words are beautiful couriers of meaning. A single word can invoke a smile, ignite love, whet our appetite and even make food taste delicious – all at the same time. Just as easily, they can engender bias- either when used without

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## Center vs. Center of Gravity

It is sometimes comforting to know that you have struck a balance in an argument and are able to see the other 2 extremes dispassionately, even though you disagree with both positions to some measure.

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# A Pyramid turns into a Plate

Sweden may believe in socialized medicine. The US clearly doesn't. But despite deep differences in approach, both can agree that it is imperative for good governments to educate their population on health and nutrition.