

Index

- 1950s-syndrome, effect on nutrition in
Austria 23, 26–7
- Abychom netloustl* (Šejbalová) 203
- additives 5, 71, 99
- adulteration 81, 85, 107, 173
- advertising 8, 60, 67
in Germany 83–4, 155
posters 78–9, 86
- AEDA (European Association for Food
Health Rights) 99
- aesthetic aspects of body shape 183, 194,
199, 201–2
- aetiology of weight growth in France
162–3
- AFSSA (*Agence française de sécurité
sanitaire des aliments*) 123, 125–6
- agrarian age in Austrian Tyrol 15–17
- agriculture
EU policies 228, 230
Norwegian support for industry 133–4,
141
- Agriculture Act (UK, 1947) 63
- Airiau, Jean 120
- alcohol 2, 164, 171, 173
production from sugar 120
Russian consumption 40, 42
- Ali-Bab (Henri Babinski) 161, 173
- Alpine type food culture (Slovenia) 46
- American Relief Administration *see* ARA
- Americanization
of European society 6, 83
of German food culture 81–2, 208
of UK food market 60, 228
- anaemia 1
- Analysis and Information Service for
Nutrition, Agriculture and Forestry
(West Germany) 150
- anorexia nervosa 149, 185
in the Austrian Tyrol 29
in Russia 42
- antibiotics 5, 99
- ARA (American Relief Administration)
223, 224
- arteriosclerosis *see* cardiovascular disease
- arthritis, and diet 171
- artificial sweeteners 95, 99, 122–3, 139
- aspartame 122
- Association of the Dietetic Food Industry
(West Germany) 216
- Australia: simplified nutritional labelling
109, 110
- Austria
daily energy intakes 229
demographic data 225
development of road transport 23–4,
29–30
development of tourism 24–5
effect of 1950s syndrome on nutrition
23, 26–7
food consumption (1961–2004) 26
obesity 28–9, 226, 227
Tyrol
distribution of weight classes 28–9
eating disorders 29
eating patterns 8
employment patterns 16
food prices 20
nutrition history 15–23
postwar recovery 23–7, 225
- Auswertungs- und Informationsdienst für
Ernährung, Landwirtschaft und
Forsten*
- AID* (West Germany) 150
- Babinski, H. (Ali-Bab) 161, 173
- balanced diet 41
- Baltic states, traditional foods 35
- beauty culture 183
- beet sugar *see* sugar
- Belgium, VAISANO programme 232

- Belorussia, traditional foods 35
- BEUC (Bureau Européen des Unions de Consommateurs) 109
- big eaters 164–6, 171
and social class 166–70
- binge eating, Austrian Tyrol 29
- Biokost* *see* organic food
- black market for food 47, 93, 100
Germany 81, 82
- BMI (body mass index) 6–7, 123, 161–2, 225, 226, 228, 229
see also Quetelet Index
- body types, Germany 147–9
- body weight
historical studies 3
ideal 6–7
men 7, 162, 177
women 7, 177, 181
- Bouchard, C. 163
- Bovine Spongiform Encephalopathy *see* BSE
- brands 5, 8
development of 89, 91
- bread consumption
Austrian Tyrol 26–7
France 169
Slovenia 46, 47, 52, 55
UK 61, 62, 63, 64–5, 66, 68, 69
- Brigitte* 152
- Brillat-Savarin, J. 118, 161, 163, 164
- Britain *see* UK
- Broca Index 7, 162, 193, 208, 225
- BSE (Bovine Spongiform Encephalopathy) 5, 72, 108
- Bulgaria, canning industry 36
- bulimia nervosa
in Austrian Tyrol 29
in Russia 42
- Bulmer, Ernest 182–3
- Bülow, Victor von 83
- Bundesausschuss für volkswirtschaftliche Aufklärung* (West Germany) 214–15
- Bureau Européen des Unions de Consommateurs *see* BEUC
- Bureau Internationale Permanent de Chimie Analytique 99
- butter consumption *see* dairy product consumption
- calorie bomb 152
- calories *see* energy intake
- cancer
carcinogens 71, 99
and diet 126, 171
- cane sugar *see* sugar
- canned food 5, 36
Slovenia 54
typhoid contamination of 72
- CAP (Common Agricultural Policy) 230
- carbohydrates 64, 67, 72, 117, 123, 163, 164
daily intake (UK) 67, 71
and diabetes 125
and health 125–7
restriction for weight loss 40–41
- carcinogens 71, 99
- cardiovascular disease
and diet 71, 107, 125–6, 199, 208, 226, 231
UK 179
- CARE parcels 82
- caries 126, 231
- Carson, Rachel 71
- Carton, Paul 123–4, 172
- CEDUS (Centre d'études du Sucre) 122, 124, 125, 126
- celebrities 202
celebrity chefs 73
use in food promotion 83
- Central Diabetes Register (East Germany) 211
- Central Institute for Nutrition of the Academy of Science of the GDR (East Germany) 150
- central type food culture (Slovenia) 46
- Centre d'études du Sucre *see* CEDUS
- Centre for Diabetes and Metabolic Disorders (Berlin) 213
- Centre of Food Information (France) 124
- Charvát, Josef 200
- cheese consumption *see* dairy product consumption
- chefs, celebrity 73
- Chernobyl nuclear disaster 5

- children: obesity in Russia 42
- Chlorosis (anaemia) 1
- chocolate consumption, Norway 137, 139
- CHOs *see* carbohydrates
- Christie, W.F. 177, 180, 181, 182, 186
- cities, as obesogenic environments 2
- CJD (Creutzfeld Jacob Disease) 72
- Claxton, E.E. 187
- Člověk, společnost a výživa* (Mašek) 198
- Coca-Cola 82
- Codex Alimentarius (FAO/WHO) 97, 99
- collectivization (Russia) 34
- colza (oilseed rape) mass poisoning scare (Spain) 100
- Commission Internationale des Industries Agricoles 99
- Common Market *see* EEC
- communal feeding 211–12, 213
in Russia 35, 36
- compensatory eating (*Fresswelle*) 4, 23, 81, 224, 230
- Congress of the Dietary Section of the Society for Rational Nutrition (Czechoslovakia) 195, 197
- consumer behaviour 2
Drummond model 70
influence of advertising 67
- consumer movements 84
- consumers, views on food labelling (Norway) 109–11
- consumption patterns *see* eating patterns
- convenience food, as a factor causing obesity 39
- cooking, decline of skill in Russia 36
- cooperative societies, Slovenia 51
- corpulence 147, 149
- Crémeries* (Paris) 170
- Creutzfeld Jacob Disease *see* CJD
- Cuisine without Boundaries 39
- Culture of the Abdomen: The Cure of Obesity and Constipation* (Hornibrook) 3, 178, 187–8
- cyclamates 122
- Czech Republic
daily energy intakes 229
obesity 227
- Czechoslovakia 10
demographic data 225
- obesity 193–203, 225
- Daily Herald* 196
- dairy product consumption:
France 169
Norway 133–4, 137, 140
Slovenia 46, 52, 55
UK 62, 63, 65, 66, 68, 69
- Dancel, J.F. 162, 164
- Das Magazin der Hausfrau* (the Housewives' Magazine) 148, 151, 154, 155
- Debry, Gerard 125
- Deine Gesundheit* 213
- Denmark 132
- dental caries 126, 231
- Deutsche Diabetes Gesellschaft* (West Germany) 216
- Deutsches Hygiene-Museum* (East Germany) 213
- developmentalism (Spain) 95, 98
- DGE (*Deutsche Gesellschaft für Ernährung*) (West Germany) 150, 215–6
- diabetes
and diet 107, 125–6, 199, 208
in Germany 209–16
- Diabetes League (West Germany) 216
- Die Zeit* 148, 155
- diet foods 212–13
- dieting *see* weight reduction
- dinitrophenol 186
- disaccharides 117
- Doberský, Přemysl 200
- Drucker, Peter 82
- Drummond, Jack 61, 70
- East Germany *see* Germany
- Eastern Europe, obesity 39
- eating disorders
in Austrian Tyrol 29
in Russia 42
- eating patterns
changes in twentieth-century Europe 4
gender differences 1–2
impact of urbanization 2
- economic development, impact on eating patterns 156

- economic miracle ('*Wirtschaftswunder*'),
Austria 23
- EEC (European Economic Community)
9, 70
food labelling regulations 97
see also EU (European Union)
- egg consumption
Austrian Tyrol 27
Slovenia 55
- eggs, salmonella in 5
- Elias, Norbert 85
- endocrinology 171
- energy expenditure 165
- energy intakes (daily)
Austria 229
Czech Republic 229
Czechoslovakia 195
France 229
Germany 151–2, 229
League of Nations minimum level 21,
150
Norway 151–2, 229
Russia 229
Slovenia 229
Spain 229
UK 63–4, 67, 71, 72, 229
- England *see* UK
- English language, as force for cultural
change 6
- Englishman's Food, The* (Drummond) 61
- environmentally-friendly products 109
- EPIC (European Prospective Investigation
into Cancer and Nutrition) 7
- EPODE (Ensemble Prévenons l'Obésité
des Enfants) 232
- EU (European Union)
agriculture policies 228, 230
Austria's accession 25
food labelling legislation 108, 114
obesity 226–8
see also EEC (European Economic
Community)
- Europe
Americanization of society 6
demographic data 225
food consumption in the twentieth
century 4–6
- European Association for Food Health
Rights *see* AEDA
- European Economic Area 108
- European Prospective Investigation into
Cancer and Nutrition *see* EPIC
- excess bodyweight *see* obesity
- exercise, effect of city environments on 2
- famines 4, 230
Austria 15–23
Russia 8, 34, 223–4
- FAO (Food and Agriculture Organization)
94, 224
Codex Alimentarius 97, 99
FAO/WHO Expert Committee on
Nutrition 96–7
- fashion, and weight reduction 2, 10, 82,
171
in Russia 39, 40, 42
in UK 180, 181, 183, 185
- fast food, as a factor causing obesity 39
- fasting, religious 195
- fats 163, 164
consumption 226
Norway 137–9, 140–41
saturated fats 107, 138
UK 67, 72, 231
- FDA (Food and Drugs Administration,
USA) 107, 112–13
- Federal Committee for Economic
Instruction (West Germany)
214–15
- Federal Food, Drug and Cosmetic Act
(USA, 1938) 90
- Federal Food and Drugs Act (USA, 1906)
90
- Federal Republic of Germany *see* Germany
- Federal Research Institute for Household
Economics (West Germany) 215
- Finland
obesity 228
simplified nutritional labelling 109
- First National Health Congress 1934
(Spain) 91–2
- First Scientific Congress of Food Hygiene
(1904) 166–7
- fish consumption
Russia 36

- UK 63, 65, 66
- food additives 5, 71, 99
- food adulteration 81, 85, 107, 173
- Food and Agriculture Organization *see*
 - FAO
- food aid 223–4
- food deserts 3
- Food and Drugs Administration (USA) *see*
 - FDA
- Food, Health and Income* (Orr) 178
- food labelling 8, 89–90, 107–9
 - Germany 81
 - health-related 109, 112, 113
 - Norway 9, 108–14
 - Spain 90–101
- Food Labelling Decree (1935), Germany 90
- food manufacturers 72
 - multinational companies 6, 228
- food preservation
 - Russia 36
 - Slovenia 53–4
 - use of nitrates and nitrites 99
- food prices:
 - Austrian Tyrol 20
 - Slovenia 51
- food processing 70
- food production
 - energy inputs to 5
 - own-grown 8
 - Slovenia 52, 55
- food quality 89
- food safety 71, 89, 112
- food scares 5, 72, 112
- food spending: as proportion of UK
 - household expenditure 67
- food technology 4–5
- foods
 - fast food 39
 - health and safety of 112
 - industrial production of 4–5
 - radioactive contamination of 5
- fortification of foods in UK 61
- France 9
 - daily energy intakes 229
 - demographic data 225
 - medical discourse on obesity 161, 173
 - aetiology of weight growth 162–3
 - development of concept 161–3
 - excess consumption 164–70
 - the ‘fat invasion’ 170–72
 - food as a cause 163–6
 - obesity 227
 - sugar 9, 127–8
 - consumption 117–19, 121–3
 - health issues 123–7
 - production 119–20
- freezing of food, Slovenia 54
- Fresswelle* (compensatory eating) 4, 23, 81, 224, 230
- fructose 117, 122
- fruit consumption
 - Germany 154
 - Norway 134
 - UK 62, 63
- galactose 117
- Gautier, Armand 167
- Gemeinschaftsverpflegung* (communal feeding) 211–12
- General Commission for Provisioning (Spain) 94
- General Health Board (Spain) 94
- General Inspection Office of the Pharmaceutical and Chemical Industries (Spain) 92
- General Law for the Defence of Consumers and Users (Spain, 1984) 100
- German Democratic Republic *see*
 - Germany
- German Diabetes Association 216
- German Museum of Hygiene 213
- German Society for Nutrition 150, 152, 155, 215
- Germany 9
 - daily energy intakes 151–2, 229
 - East Germany 10, 207
 - demographic data 225
 - nutrition policy 210–14
 - Food Labelling Decree (1935) 90
 - food trademarks 77
 - development of 78–9
 - early examples 79–81
 - post Second World War 81–4
 - Lebensmittelgesetz (1927) 90
 - margarine scare 5

- obesity 171, 208–9, 216–18, 227, 228
 post-war undernutrition 207
 and ‘proper nutrition’ 147–9
 body ideals 156–7
 recommendations for 150–156
 West Germany 10, 207
 demographic data 225
 nutrition policy 214–6
- Glucids and Health* (AFSSA) 125–6
 glucose 117, 122, 127
 Gorbachev, Mikhail 37
 Gotthilf, Otto 151
 Great Britain *see* UK
 Great Depression, impact on Austrian
 Tyrol 20–21
 Great Hunger (Russia) 33, 34
 Greece, obesity 227, 228
 Green Movement 84
 green sickness (anaemia) 1
 Guadeloupe 117
 Guideline Daily Amounts 109
 GULAGS (concentration camps) 34
- Handl Speck 27
 health benefits of foods 85
 health education 139
 East Germany 213
 health foods 212–13
 health, individual responsibility for 111,
 113
 health-related food labelling 109, 112,
 113, 114
 heart associations, and food labelling 109
 heart disease
 and diet 71, 107, 125, 125–6, 199,
 208, 231
 UK 179
 Heckel, F. 172
 Hersey, George 149
 HFCS (High Fructose Corn Syrup) 122
 Hollywood diet 199–200
 Hornibrook, Fredrick 178, 183, 187–8
 Hungary
 canning industry 36
 obesity 39
 hunger riots, Austria 19
 hypermarkets, Slovenia 50, 52, 56
- ICCR (International Committee for
 Russian Relief) 223–4
 ICREFH (International Commission for
 Research into European Food
 History) 4, 230
 ideal body weight:
 concept of 6–7
 men 7, 162, 177
 women 7, 177, 181
- Imbert, I. 167
 Imperial Patent Office, Germany 80, 81
 individual responsibility for health 111,
 113, 139, 178
Individual, Society and Nutrition (Mašek)
 198
 industrial production of food 4–5, 171,
 223, 228
 in Norway 107
 industrial property rights 90–91
 inferior similars 171
 Innsbruck 19
 Innsbrucker Hungerchronik 17–18
 Instituto Nacional de Industria (Spain) 94
 Institute of Cosmetics (Czechoslovakia)
 202
 Institute of Food Hygiene (Spain) 92
 Institute for Health Education (East
 Germany) 213
 Institute for Nutrition (East Germany) 211,
 212, 213
 Institute of Public Opinion Research
 (Czechoslovakia) 201
 insulin 210
 International Association of Consumers’
 Unions 89–90
 International Commission for Research
 into European Food History *see*
 ICREFH
 International Committee for Russian Relief
see ICCR
 International Obesity Taskforce 227
 International Red Cross 49, 223
 International Sugar Council 120
 International Working Group for the
 Study of the People’s Nutrition
 (Germany) 150
*Internationale Arbeitsgemeinschaft zum
 Studium der Volksernährung;*

- Reichsverein Volksernährung* (Germany) 150
- internet 84
- isoglucose 122, 127
- Italy
 food labelling regulations 98
 obesity 228
- Kalorienbombe* ('calorie bomb') 152
- Kellogg's 59
- Klein, Leon 97
- kolkhoz* (collective farms, Russia) 34
- Koloniale (Slovenia) 53
- Labbe, H. 167–70
- labelling *see* food labelling
- lactose 117
- Lane, William Arbuthnot 178
- Law for the Foundation of National Health (Spain) 94
- League of Nations, minimum consumption level 21, 150
- Lebensmittelgesetz* (Germany) 90
- leisure time, and eating patterns in Norway 136–7
- Lichtenstein, Roy 83
- Lien, O. 133, 135
- life insurance companies, mortality statistics 7, 182, 208, 224
- Lifpass-Säulen* (advertising pillars) 78
- lithography 78
- Lithuania: obesity 39, 227, 228
- logos 109
- lørdagsgodt* ('Saturday sweets') 136
- low-fat milk
 Norwegian consumption 138, 140, 142
 UK consumption 68
- Lucky Strike (cigarette brand) 82
- M-Preiss 29–30
- McDonald's 39
- MacNalty, Arthur 186
- maintenance diet 165
- Malta, obesity 227
- maltose 117
- menopause 181
- margarine 213, 231
 industry 80, 138
 poisoning scare 5
 marketing 82–3, 84–5
- Martinique 117
- Mašek, Josef 198
- matpakke* (Norwegian packed lunch) 9, 131, 132–3, 134–6, 140
- Mayo Clinic 200
- meat
 MRM (mechanically recovered meat) 71
 use of nitrates and nitrites in preservation 99
- meat consumption 171
 Austrian Tyrol 21, 26–7
 France 168, 169, 170
 Russia 36
 Slovenia 52
 UK 61, 62, 63, 65, 66, 68, 69
- Mediterranean type food culture (Slovenia) 46
- men
 eating patterns 1, 2
 energy requirements 165
 ideal body type 156, 183
 ideal body weight 7, 162, 177
 obesity 227–8
 'reference man' 224
- Men's Health* 152
- Mercator (Slovenia) 50, 52
- Merta, Sabine 149, 230
- metabolism 41, 152, 162, 215, 230
- Middle Age and Old Age* (Williams) 187
- migration, Russia 33, 35, 36, 38
- milk consumption *see* dairy product consumption
- monosaccharides 64, 67, 117
- MRM (mechanically recovered meat) 71
- multinational food companies 6, 111, 141
- National Assembly of Consumers 100
- National Committee for Health Education (East Germany) 213
- National Institute of Demographic Studies 121–2
- National Nutrition Council (Norway) 134, 138
- National Programme Nutrition-Health (France) *see* PNSS

- National Socialism, Germany: food policy 150, 153
- Netherlands, margarine scare 5
- New Health* 188
- New Health Society 178
- 'New Russians' 38, 40, 42
- New Zealand, simplified nutritional labelling 109, 112
- Newman, George 178, 185–6
- nitrates and nitrites in food preservation 99
- Norway 105
- daily energy intakes 151–2, 229
 - demographic data 225
 - eating patterns in leisure time 136–7
 - fat consumption 137–9, 140–41
 - food labelling 9, 108
 - consumers' views 109–11
 - government and policy-makers' views 111
 - industry's and retailers' views 111–12
 - simplified nutritional labelling 109–11, 112–13, 114
 - food policy 131–2, 138, 140–42
 - and national welfare 133–4
 - food shortages 106–7
 - matpakke* 9, 131, 132–3, 134–6, 140
 - Norwegian Nutrition Council 106
 - obesity 39, 107, 226, 227
 - Oslo breakfast 9, 133, 135
 - sugar consumption 139, 140–42
 - White Papers on nutrition 106
- nutrition, and food labelling 89, 91
- Nutrition Labelling and Education Act (USA, 1994) 107
- nutrition recommendations, Germany 150–56
- Nutrition Report* (2004) (Germany) 154, 155
- nutritional information, impact on consumption 3
- obesity 39
- abdominal 7
 - and age 179–81
 - Austria 28–9
 - and carbohydrates 126
 - cause of 163–6
 - of children in Russia 42
 - and class 177, 177–9
 - in Czechoslovakia 193–203
 - development of concept 161–3
 - in European countries 226–8
 - medical discourse in France 161–73
 - in Norway 39, 107
 - obesity of the belly 166, 172, 173
 - in Russia 39, 41–3
 - obesogenic environments in cities 2
 - oilseed rape mass poisoning scare (Spain) 100
 - olive oil 92
 - Oliver, Jamie 73
 - On the State of Public Health* (Newman) 185–6
 - open sandwich *see matpakke*
 - organic food 84
 - Orr, John Boyd 178
 - Oslo breakfast 9, 106, 133, 135
 - overeating 164–6, 171
 - and social class 166–70
 - own-grown food production 8
 - Slovenia 52, 55
 - packaging 82
 - possible toxicity of plastics 5
 - Packard, Vance 85
 - Pannonian food culture (Slovenia) 45
 - Paris hospital study 167, 168
 - partly-prepared foods 39–40
 - pedestrianism 187
 - People's Nutrition Research Institute (Czechoslovakia) 200
 - perestrojka* 37
 - personal responsibility for health 111, 113, 139, 178
 - pesticides, use in food production 71, 99
 - plastic packaging, possible toxicity of 5
 - PNNS (National Programme Nutrition-Health: France) 123, 126, 127
 - Pop Art 83
 - Portugal, obesity 228
 - posters (advertising), in Germany 78–9, 82, 86
 - postman study, France 167 168
 - potato consumption
 - Austrian Tyrol 26–7

- Slovenia 46, 55
Practical Gastronomy (Ali-Bab) 161, 173
 prepared meals 72
 preservatives 95, 99
 processed foods 3, 60
 PROEXPA (Spanish Agency for Promoting the Exportation of Foodstuffs) 99
 proper nutrition in Germany 147–9
 and body types 156–7
 recommendations for 150–56
 protein foods 163
 protein intake (daily) 165
 UK 67, 72
 psychology
 of food 214
 use in food marketing 80, 83, 84–5
 public health, and food labelling 91
 Pure Food and Drug Act (USA, 1906) 107
 Pyke, Magnus 4–5
- Quaker Oats 59
 Quetelet Index 6–7, 162, 226 *see also*
 BMI
- racial health 3, 178, 188
 Radio Luxembourg 60
 radioactive contamination of food 5
 rationing 230
 Austrian Tyrol 19, 21–2
 Czechoslovakia 193, 195
 France 121
 Germany 207, 209–10
 Norway 106
 Russia 35–6, 43
 Slovenia 47, 53
 Spain 94
 UK 60, 61–4, 65, 66
- Recommended Daily Amounts 109
 Red Cross *see* International Red Cross
 reducing *see* weight reduction
 refrigeration 5, 82
 Reisman, Avgust 47
 religious fasting 195
 retail revolution 2
 Réunion 117
 Risk Society 5
 road transport, Austrian Tyrol 23–4
 Rollton 39
- Rout, Ettie 178, 183, 188
 RTL (*Radio et Télévision Luxembourg*) 83–4
 Rublev diet *see* Kremlin diet
 Rubner, Max 152
Rucksackverkehr (food smuggling) 19
Rudé Právo 196
- Russia
 alcohol consumption 40, 42
 daily energy intakes 229
 demographic data 225
 eating disorders 42
 eating patterns 7, 8, 33–4
 ‘Kremlin diet’ 33, 40–41
 ‘New Russia’ 37–43
 ‘Soviet cuisine’ 8, 33, 34–7
 ‘New Russians’ 38, 40, 42
 obesity 39, 41–3, 226, 227
 post-war famine 223
 subsistence allowances 41
- saccharin 122–3
 saccharophiles 118, 123, 127
 saccharophobes 118, 123, 127
 safety of foods 71, 89, 112
 Sainsbury’s 73
 St Andrews Study (Medical Research Council) 178, 179
 salmonella 108
 in eggs 5
 Sanco de la Commission Européenne 232
 Sargol 28
 saturated fats *see* fats
 Save the Children Fund 223–4
 Scheunert, Arthur 148
 Schiotz, Carl 133
 Schrott diet 200–201
Schwabenkinder (‘Swabian children’) 16
Science and the Art of Living (Williams) 187
- sedentary lifestyles 228
 UK 70, 71, 181
 Šejbalová, Jiřina 201, 203
 self-sufficiency
 Austrian Tyrol 27
 Slovenia 45
 semi-skimmed milk *see* low-fat milk
Sex and Exercise (Rout) 188

- SFC (Spanish Foodstuffs Code, 1967) 96, 97–100, 101
- Siberia, traditional foods 35
- Sigdal breakfast *see* Oslo breakfast
- Silent Spring* (Carson) 71
- simplified nutritional labelling, Norway 109–11, 112–13, 114
- skimmed milk *see* low-fat milk
- slimming *see* weight reduction
- slimness, as an ideal 149
- Slovenia
 - consumption patterns 8
 - First World War period 47–8
 - interwar period 48–9
 - traditional 45–7
 - daily energy intakes 229
 - food preserving 53–4
 - food prices 51
 - food shopping 50–53
 - freezing of food 54
 - income and food expenditure 54–5
 - obesity 227
 - post-war changes in food supply 49–50
- smuggling of food 19
- snacking 141
- social class
 - and obesity 177–9
 - and overeating 166–70
- social development, impact on eating patterns 156
- soft drinks 99, 153
- Solnařová, Bořena 194, 195, 199–200
- Šonka, Jiři 202
- spa treatments 230
- Spain
 - daily energy intakes 229
 - demographic data 225
 - food labelling regulation 89–101
 - food market 8–9
 - obesity 227
 - post-Civil War era 92–3
 - THAO Salud Infantil programme 232
- Spanish Agency for Promoting the Exportation of Foodstuffs *see* PROEXPA
- Spanish Foodstuffs Code (1967) *see* SFC
- Spiekermann, Uwe 149
- Sponsorship Council for the Study of Food and Nutrition Hygiene (Spain) 93
- Stabilization and Liberalization Plan 1959 (Spain) 95
- Stand Up and Slim Down: Being Restoration Exercises for Women with a Chapter on Food Selection in Constipation and Obesity* (Rout) 188
- stress, as a factor causing obesity 39
- Sucres et Santé* 125
- sucrose 117, 122, 125, 126, 127, 171
- sugar 117
 - introduction of Common Market for 120
 - production and consumption in France 9, 117–128
 - as a source of energy 119
 - sugar consumption 171
 - France 169, 170
 - Germany 152–3
 - Norway 139, 140–42
 - Slovenia 46, 51, 56
 - UK 63, 65–6, 68, 69, 71
- Sugar Group 124
- supermarkets 67, 82
 - and the retail revolution 3
 - Sainsbury's 73
 - Slovenia 53
- Sweden
 - obesity 227, 228
 - simplified nutritional labelling 109
- sweet and confectionery consumption, UK 63
- Switzerland, food labelling regulations 90
- THAO Salud Infantil programme: Spain 232
- third-world countries, nutrition 197, 224
- thyroid extract 186
- tick logo 109, 112
- Tirol Milch 27
- To Prevent Obesity* (Šejbalová) 203
- tourism, Austrian Tyrol 24–5
- toxicity, plastic packaging 5
- trademarks
 - Germany
 - development of 78–9

- early examples 79–81
 - post-Second World War 81–4
 - purpose 77
 - traffic-light labelling 109, 110
 - Tribot, J. 170
 - tuberculosis 167, 171
 - and diet 137, 183, 185
 - turnip consumption, Norway 134, 135
 - Twiggy 82, 202
 - Type 2 diabetes *see* diabetes
 - typhoid 72
- UK
- Americanization of food market 60, 228
 - class differences in nutrition 177–9
 - daily energy intakes 63–4, 67, 71, 72, 178–9
 - demographic data 225
 - eating patterns 7, 8
 - end of the prewar diet 59–61
 - post-1970 affluence 67–9
 - post-war expansion of food choice 64–7
 - post-war rationing 61–4
 - fat consumption 67, 72, 231
 - obesity 226, 227, 228
 - and age 179–81
 - simplified nutritional labelling 109
 - slimming culture 10, 72, 177, 183–9
- Ukraine, traditional foods 35
- Unilever 89
- UNRRA (United Nations Relief and Rehabilitation Administration) 49, 50, 223–4
- unsaturated fats *see* fats
- Urals, traditional foods 35
- urbanization
 - impact on eating patterns 2
 - in Norway 107
 - in Russia 36
 - in Spain 96
- USA
- Americanization
 - of European society 6, 83
 - of German food culture 81–2, 208
 - of UK food market 60
 - food regulation 112–13
 - FDA 107, 112–13
 - Federal Food, Drug and Cosmetic Act (1938) 90
 - Federal Food and Drugs Act (1906) 90
 - Nutrition Labelling and Education Act (1994) 107
 - Pure Food and Drug Act (1906) 107
 - life insurance companies, mortality statistics 7, 182, 208, 224
 - USSR *see* Russia
- VAISANO programme, Belgium 232
- Vaque, Luis González 99
- vegetables
 - French consumption 169, 170
 - low profitability of 112
 - UK consumption 63, 65, 66, 68, 69
- vegetarian diets 172
- Venus de Milo 183–5
- Verband der diätetischen Lebensmittelindustrie* (West Germany) 216
- Villoria, Enrique 100
- vitamins 106, 132, 148, 152
- Voit, Carl 152
- Vollwert* (whole foods) 153, 154
- waist-to-hip ratio 7
- Wall's 59
- Warhol, Andy 83
- Washington Profile Information Agency 39
- weight reduction 10, 164, 173, 230
 - calorie counting 152
 - in Czechoslovakia 199–200
 - Russia 39, 40–42
 - UK slimming culture 10, 72, 177–89
- Weimar Republic, Germany, food policy 150, 153
- welfare belly ('*Wohlstandsbauch*') 81
- welfare state, Norway 131–2
- West Germany *see* Germany
- White Papers on nutrition, Norway 106
- white swan logo (Norway) 109
- WHO (World Health Organization) 97, 98, 99, 123, 150, 154

- adoption of BMI 229
- FAO/WHO Codex Alimentarius 97, 99
- FAO/WHO Expert Committee on Nutrition 96–7
- MONICA Project 224–5
- whole foods 153, 154
- Williams, Leonard 179–80, 182, 187
- wine
 - use of sugar in production 119
 - Wine Statute 1932 (Spain) 92
- Wir Frauen auf dem Lande* 154
- Wir Frauen im ländliche Leben* (Women in Rural Life) 148
- Wir Hausfrauen* 155
- Wirtschaftswunder* (economic miracle), Austria 23
- Wohlstandsbauch* ('welfare belly') 81
- women
 - eating patterns 1–2, 198
 - ideal body type 156, 183
 - ideal body weight 7, 177, 181
 - obesity 227–8
 - 'reference woman' 224
 - weight reduction 10, 181–2
- Women's League of Health and Beauty 188
- working classes, eating patterns 1, 2, 178–9
- working conditions, as a factor causing obesity 39
- working diet 165
- World Health Organization *see* WHO
- Xenical 28
- yoghurt 68, 69
- Yudkin, John 71
- Yugoslavia
 - canning industry 36
 - demographic data 225
- Zentralinstitut für Ernährung der Akademie der Wissenschaften der DDR* (East Germany) 150