



# The Rise of Obesity in Europe

A Twentieth Century Food History

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Twentieth century Europe went through a dramatic transition from low income populations experiencing hunger and nutritionally inadequate diets, to the recent era of over-consumption and growing numbers of overweight and obese people. By examining the trends in food history from case studies across Europe, this book offers a historical context to explain how and why this transition has occurred and what we can learn in order to try and address the vitally important issues arising from obesity in contemporary Europe.

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