

"The Paradox of Food Regulation"

Abstract:

There are food safety regulations and health policies dating back over 100 years. Most recently, we saw the enactment of the Food Safety Modernization Act and delivery of the 2010 Dietary Guidelines for Americans. Food safety regulations control the practices of the food industry. Health policies tell consumers what they should eat. These national policies drive formulations for foods from canned soup in our pantry to a meal at our favorite neighborhood restaurant. But we have to ask the question, is any of this working?