

# NON-FICTION

Hans-Ulrich Grimm

## Food War

- People love cheap food - and as a result they increase the profits of the pharmaceutical industry
- An explosive story of how politics plays with our health



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**“The big concerns feed us until we are sick and we pay the price,” Hans-Ulrich Grimm**

How food companies and pharmaceutical giants sacrifice our health for their profits

Health is becoming increasingly expensive. One of the main reasons is industrially produced, cheap and unhealthy foodstuffs, which lead to diabetes, cardiovascular diseases and excess weight. So why don't we eat healthy, good quality food and as a result reduce the cost of fighting lifestyle illnesses, asks Hans-Ulrich Grimm. Because food companies and the health industry earn well from this untenable situation! This sobering answer is the result of his worldwide research. Germany's no. 1 nutrition critic starts by describing how decisions are made regarding the quality and condition of industrially produced foodstuffs - a billion euro game between big food and big pharma. And politics plays along with it, coming down on the side of being unhealthy.

### The author:

Dr Hans-Ulrich Grimm is a journalist and author who lives in Stuttgart. His many years of research in the world of industrialised foodstuffs lead him to banning all products from Nestlé, Knorr and the like from his kitchen in favour of fresh products from markets and farmers. His findings: eating well comes at a price. Grimm's books are best-sellers. The book "Die Suppe lügt" (The Soup Is Lying) alone had a total circulation of over 250,000 copies and is now considered a classic of modern nutrition writing.