

THE WORLD IN 30 MINUTES

FOODILICIOUS - ALL ABOUT FOOD

2 x 30' (GER, ENG subs)

Food is not only essential for survival, but also takes up a lot of space in society.

Extraordinary forms of nutrition and the benefits of so-called superfoods are becoming more and more part of everyday life. But what is really "super" about superfoods? Do the bold claims about health benefits hold any validity, or are they based on traditional myths? And which of the extreme diets on the market are really healthy?

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1. Obsessed with Food

Recently, extreme nutritional trends like Fruitarianism and the Carnivore Diet are increasing in popularity. While some people only eat fruit, others only eat animal products such as meat, fish, and eggs. The Carnivore Diet comes from the USA and is also gaining a strong following in Europe. How healthy are these extreme diets in reality?

2. Superfoods: Magic or Marketing?

Many miraculous effects are attributed to nutrient-rich Chia, Goji, Acai, and Moringa produce. These seeds, berries and leaves come from diverse lands all over the world. But what is really "super" about superfoods? Do the bold claims about health benefits hold any validity, or are they based on traditional myths?