

SCIENCE . TECHNOLOGY

NUTRITION - JOYS AND SORROWS OF EATING

7 x 30' (GER)

In recent years, the detailed study of nutrition has developed into a trend. Digestive wellness is propelled by new ingredients and backed by emerging science.

Technologies ranging from wearable fitness trackers to DNA and microbiome testing will drive demand for nutrition tailored for a specific individual. Food is essential for surviving, but what if food makes us sick? In this series we take a close look at our food and find out that some edibles are better than their image.

Episodes:

1. *Bread: A Loaf Fights for its Image*
2. *Algae, Worms, Nuts - What Do We Eat in 2050?*
3. *Fat: A Struggle for Reputation*
4. *No Sugar, Please*
5. *Fasting as a New Remedy*
6. *Vitamins - A Fairy Tale of Deficiency*
7. *Lactose, Gluten & Co. - Enemies in Our food?*

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