

References

The complete reference list for *Food and Nutrition: What Everyone Needs to Know* was omitted from the book due to Oxford University Press publishing policies. As a result of changes in chapter numbers and formats, this document includes only new references, (n=851), noting that many relevant sources from the 2018 edition (n=1,091) are still pertinent but are not herein noted; both documents together comprise the complete bibliography for this work. Exact access dates to the below digital sources are omitted from the text for brevity; all were retrieved between January 2024 and January 2025, when this book was researched and written.

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Chapter 18

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