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Twinkie Deconstructed takes us on a journey through the ingredient label of the popular snack food to find out what "polysorbate 80" and "bleached flour" really are. Whether its manufactured, mined (yes mined), or put together in a laboratory, we discover what goes into the Twinkie, and a great many of the items on our store shelves.

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Twinkie, deconstructed : my journey to discover how the ingredients found in processed foods are grown, mined (yes, mined), and manipulated into what America eats. [Steve Ettlinger] -- Like most Americans, Steve Ettlinger eats processed foods.

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That is from Twinkie, Deconstructed: My Journey to Discover How the Ingredients Found in Processed Foods Are Grown, Mined (Yes, Mined), and Manipulated Into What America Eats, by Steve Ettlinger. So far this is my pick for the best food book of the year.

Twinkie, Deconstructed - Marginal REVOLUTION

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