Why We Eat, How We Eat
Contemporary Encounters between Foods and Bodies

Edited by

EMMA-JAYNE ABBOTS
University of Wales Trinity St David and
SOAS, University of London, UK

ANNA LAVIS
University of Birmingham and University of Oxford, UK

ASHGATE
Contents

List of Figures, Tables and Boxes ix
Notes on Contributors xi
Acknowledgements xv

Introduction: Contours of Eating:
Mapping the Terrain of Body/Food Encounters 1
Emma-Jayne Abbots and Anna Lavis

PART I: ABSENCES AND PRESENCES:
HOW WE (DO NOT) EAT WHAT (WE THINK) WE EAT

1 Invisible Foodscapes: Into the Blue 15
Kaori O'Connor

2 The Substance of Absence: Exploring Eating and Anorexia 35
Anna Lavis

3 Home and Heart, Hand and Eye:
Unseen Links between Pigmen and Pigs in Industrial Farming 53
Kim Baker

Interlude: Eating Practices and Health Behaviour 75
Simon Cohn

PART II: INTIMACIES, ESTRANGEMENTS AND AMBIVALENCES:
HOW EATING COMFORTS AND DISQUIETS

4 Advancing Critical Dietetics: Theorizing Health at Every Size 85
Lucy Aphramor, Jennifer Brady and Jacqui Gingras

5 Eating and Drinking Kefraya: The Karam in the Vineyards 103
Elizabeth Saleh
6 Negotiating Foreign Bodies: Migration, Trust and the Risky Business of Eating in Highland Ecuador
Emma-Jayne Abbots

Interlude: Reflections on Fraught Food
Jon Holtzman

PART III: CONTRADICTIONS AND COEXISTENCES: WHAT WE SHOULD AND SHOULD NOT EAT

7 Chewing on Choice
Sally Brooks, Duika Burges Watson, Alizon Draper, Michael Goodman, Heidi Kvalvaag and Wendy Wills

8 'It is the Bacillus that Makes Our Milk': Ethnocentric Perceptions of Yogurt in Postsocialist Bulgaria
Maria Yotova

9 The Transition to Low Carbon Milk: Dairy Consumption and the Changing Politics of Human-Animal Relations
Jim Ormond

Interlude: Reflections on the Elusiveness of Eating
Anne Murcott

PART IV: ENTANGLEMENTS AND MOBILIZATIONS: THE MULTIPLE SITES OF EATING ENCOUNTERS

10 Confessions of a Vegan Anthropologist: Exploring the Trans-Biopolitics of Eating in the Field
Samantha Hurn

11 Metabolism as Strategy: Agency, Evolution and Biological Hinterlands
Rachael Kendrick

12 Ingesting Places: Embodied Geographies of Coffee
Benjamin Coles
Contents

13 Complex Carbohydrates:
   On the Relevance of Ethnography in Nutrition Education 271
   Emily Yates-Doerr

   Interlude: Entanglements: Fish, Guts, and Bio-cultural Sustainability 289
   Elspeth Probyn

Index 301