



# **Homo dieteticus: Viaggio nelle tribù alimentari (Intersezioni) (Italian Edition)**

*Marino Niola*

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Umiliati e obesi

Siamo entrati nell'era di Homo dieteticus. Crudisti, sushisti, vegetariani, vegani, gluten free, no carb: fra etica e dietetica la ricerca del modello alimentare virtuoso è diventata la nuova religione globale. E come tutte le religioni nascenti produce continue contrapposizioni, scismi, eresie, sette, abiure. Ciascun credo si ritiene l'unica via verso la salvezza. E verso l'immortalità. O almeno quel suo succedaneo salutistico che chiamiamo longevità. Così anticipiamo il giorno del giudizio e facciamo del dietologo una sorta di Dio giudice. O di Dio una sorta di dietologo improprio, che dispensa premi e castighi qui e ora. Ecco perché la dieta non è più una misura di benessere, ma una condizione dell'essere.

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