

# **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**

**By Steve Ettlinger**

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Anatomy of a Twinkie. We talk with STEVE ETTLINGER author of Twinkie, My Journey to Discover How the Ingredients Found in Processed Foods Are Grown, Mined (Yes,

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Steve Ettlinger Like most consumers, Steve Ettlinger reads ingredient labels. But when his

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