

另一種牛奶：中國的黃豆再造

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我的演講將討論營養學倡議者及外行的老百姓怎樣改造黃豆和豆奶，由此檢視營養學何以在近代中國佔有一席之地。彼時知識份子苦惱於中式飲食不足以滋養出健壯的國民；富含蛋白質且不需依賴進口的黃豆，正能解決前述的營養問題。為了讓中國男女老少都身強體壯，在高速工業化的國際環境提升競爭力，營養倡導者找上在地的「豆漿」，並重塑為「豆奶」，它替代了乳製品，強健了全國人民。

The Other Milk: Reinventing Soy in Republican China

The Other Milk examines how, why, and through what means nutrition science came to matter in China by exploring the ways in which self-styled laymen and scientific nutritional activists re-invented the soybean, and soybean milk, for the modern age. The book shows how Chinese intellectuals became concerned that Chinese diet was deficient and insufficient for nourishing strong, modern citizens. The soybean, as a protein-packed and domestically grown food, became the nutritional solution to the perceived problem of the Chinese diet. In their search for a food would enable Chinese people, young and old, to compete in a rapidly industrializing global world, Chinese nutritional activists took a local food, doujiang, and transformed it into soybean milk, a dairy alternative that would fortify and strength the Chinese masses.

主講人簡介：

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