

Fast Food Nation Guide

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Kid Food

Donut Nation presents 100 of the best hand-crafted donut shops from across the United States, along with 40 mouth-watering recipes.

Cultivating Food Justice

Beyond what we already know about "food miles" and eating locally, the global food system is a major contributor to climate change, producing as much as one-third of greenhouse gas emissions. How we farm, what we eat, and how our food gets to the table all have an impact. And our government and the food industry are willfully ignoring the issue rather than addressing it. In Anna Lappé's controversial new book, she predicts that unless we radically shift the trends of what food we're eating and how we're producing it, food system-related greenhouse gas emissions will go up and up and up. She exposes the interests that will resist the change, and the spin food companies will generate to avoid system-wide reform. And she offers a vision of a future in which our food system does more good than harm, with six principles for a climate friendly diet as well as visits to farmers who are demonstrating the potential of sustainable farming. In this measured and intelligent call to action, Lappé helps readers understand that food can be a powerful starting point for solutions to global environmental problems.

Overdressed

America's leading nutritionist exposes how the food industry corrupts scientific research for profit Is chocolate heart-

healthy? Does yogurt prevent type 2 diabetes? Do pomegranates help cheat death? News accounts bombard us with such amazing claims, report them as science, and influence what we eat. Yet, as Marion Nestle explains, these studies are more about marketing than science; they are often paid for by companies that sell those foods. Whether it's a Coca-Cola-backed study hailing light exercise as a calorie neutralizer, or blueberry-sponsored investigators proclaiming that this fruit prevents erectile dysfunction, every corner of the food industry knows how to turn conflicted research into big profit. As Nestle argues, it's time to put public health first. Written with unmatched rigor and insight, *Unsavory Truth* reveals how the food industry manipulates nutrition science--and suggests what we can do about it.

Salt Sugar Fat

Popularized by such best-selling authors as Michael Pollan, Barbara Kingsolver, and Eric Schlosser, a growing food movement urges us to support sustainable agriculture by eating fresh food produced on local family farms. But many low-income neighborhoods and communities of color have been systematically deprived of access to healthy and sustainable food. These communities have been actively prevented from producing their own food and often live in "food deserts" where fast food is more common than fresh food. *Cultivating Food Justice* describes their efforts to envision and create environmentally sustainable and socially just alternatives to the food system. Bringing together insights from studies of environmental justice, sustainable agriculture, critical race theory, and food studies, *Cultivating Food Justice* highlights the ways race and class inequalities permeate the food system, from production to distribution to consumption. The studies offered in the book explore a range of important issues, including agricultural and land use policies that systematically disadvantage Native American, African American, Latino/a, and Asian American farmers and farmworkers; access problems in both urban and rural areas; efforts to create sustainable local food systems in low-income communities of color; and future directions for the food justice movement. These diverse accounts of the relationships among food, environmentalism, justice, race, and identity will help guide efforts to achieve a just and sustainable agriculture.

Skinny Bitch

Evaluates the costs of low-priced clothing while tracing the author's own transformation to a conscientious shopper, a journey during which she visited a garment factory, learned to resole shoes, and shopped for local, sustainable clothing.

Chew On This

New York Times Bestseller: The shadowy world of "off the books" businesses—from marijuana to migrant workers—brought to life by the author of *Fast Food Nation*. America's black market is much larger than we realize, and it affects us all deeply,

whether or not we smoke pot, rent a risqué video, or pay our kids' nannies in cash. In *Reefer Madness*, the award-winning investigative journalist Eric Schlosser turns his exacting eye to the underbelly of American capitalism and its far-reaching influence on our society. Exposing three American mainstays—pot, porn, and illegal immigrants—Schlosser shows how the black market has burgeoned over the past several decades. He also draws compelling parallels between underground and overground: how tycoons and gangsters rise and fall, how new technology shapes a market, how government intervention can reinvigorate black markets as well as mainstream ones, and how big business learns—and profits—from the underground. “Captivating . . . Compelling tales of crime and punishment as well as an illuminating glimpse at the inner workings of the underground economy. The book revolves around two figures: Mark Young of Indiana, who was sentenced to life in prison without parole for his relatively minor role in a marijuana deal; and Reuben Sturman, an enigmatic Ohio man who built and controlled a formidable pornography distribution empire before finally being convicted of tax evasion. . . . Schlosser unravels an American society that has ‘become alienated and at odds with itself.’ Like *Fast Food Nation*, this is an eye-opening book, offering the same high level of reporting and research.” —Publishers Weekly

Fast Food Fix

Hungry for change? Put the power of food co-ops on your plate and grow your local food economy. Food has become ground-zero in our efforts to increase awareness of how our choices impact the world. Yet while we have begun to transform our communities and dinner plates, the most authoritative strand of the food web has received surprisingly little attention: the grocery store—the epicenter of our food-gathering ritual. Through penetrating analysis and inspiring stories and examples of American and Canadian food co-ops, *Grocery Story* makes a compelling case for the transformation of the grocery store aisles as the emerging frontier in the local and good food movements. Author Jon Steinman: Deconstructs the food retail sector and the shadows cast by corporate giants Makes the case for food co-ops as an alternative Shows how co-ops spur the creation of local food-based economies and enhance low-income food access. *Grocery Story* is for everyone who eats. Whether you strive to eat more local and sustainable food, or are in support of community economic development, *Grocery Story* will leave you hungry to join the food co-op movement in your own community.

The Pizza Trap

Everyone is talking about food. Chefs are celebrities. “Locavore” and “freegan” have earned spots in the dictionary. Popular books and films about food production and consumption are exposing the unintended consequences of the standard American diet. Questions about the principles and values that ought to guide decisions about dinner have become urgent for moral, ecological, and health-related reasons. In *Philosophy Comes to Dinner*, twelve philosophers—some leading voices, some inspiring new ones—join the conversation, and consider issues ranging from the sustainability of modern agriculture,

to consumer complicity in animal exploitation, to the pros and cons of alternative diets.

Fast Food Nation

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

The Jungle

The bestselling phenomenon Fast Food Nation becomes a film starring Ethan Hawke, Bruce Willis and Patricia Arquette, directed by Richard Linklater. This is the film tie-in

A Field Guide to Sprawl

Presents a minute-by-minute account of an H-bomb accident that nearly caused a nuclear disaster, examining other near misses and America's growing susceptibility to a catastrophic event.

Command and Control

How we produce and consume food has a bigger impact on Americans' well-being than any other human activity. The food industry is the largest sector of our economy; food touches everything from our health to the environment, climate change, economic inequality, and the federal budget. From the earliest developments of agriculture, a major goal has been to attain sufficient foods that provide the energy and the nutrients needed for a healthy, active life. Over time, food production, processing, marketing, and consumption have evolved and become highly complex. The challenges of improving the food system in the 21st century will require systemic approaches that take full account of social, economic, ecological, and evolutionary factors. Policy or business interventions involving a segment of the food system often have consequences beyond the original issue the intervention was meant to address. A Framework for Assessing Effects of the Food System develops an analytical framework for assessing effects associated with the ways in which food is grown, processed, distributed, marketed, retailed, and consumed in the United States. The framework will allow users to recognize effects across the full food system, consider all domains and dimensions of effects, account for systems dynamics and complexities, and choose appropriate methods for analysis. This report provides example applications of the framework based on complex questions that are currently under debate: consumption of a healthy and safe diet, food security, animal welfare, and preserving the environment and its resources. A Framework for Assessing Effects of the Food System describes

the U.S. food system and provides a brief history of its evolution into the current system. This report identifies some of the real and potential implications of the current system in terms of its health, environmental, and socioeconomic effects along with a sense for the complexities of the system, potential metrics, and some of the data needs that are required to assess the effects. The overview of the food system and the framework described in this report will be an essential resource for decision makers, researchers, and others to examine the possible impacts of alternative policies or agricultural or food processing practices.

A Framework for Assessing Effects of the Food System

The beloved personality from The Howard Stern Show celebrates American fast food, exploring the history and secret menu items of both national and regional chains, ranking everything from burgers and fries to ice and mascots, and offering his own expert tips on where to go and what to order. Jon Hein is the ultimate fast food maniac, and in this book he draws on his extensive knowledge of, and love for, both nationwide chains and regional gems, from McDonald's and KFC to In-N-Out Burger and Carvel. He digs into their origin stories; reveals secret menu items; includes best lists for everything from fried chicken and shakes to connoisseur concerns such as straws and biscuits; takes a nostalgic look back at the best giveaways, slogans, and uniforms; and even provides a battle-tested drive-thru strategy. With behind-the-counter looks at places like the Dunkin' Donuts headquarters and Nathan's original hot dog stand, Fast Food Maniac is the definitive, cross-country guide to some of America's best-loved guilty pleasures.

Voices of the Food Revolution

Every book tells a story . . . And the 70 titles in the Pocket Penguins series are emblematic of the renowned breadth and quality that formed part of the original Penguin vision in 1935 and that continue to define our publishing today. Together, they tell one version of the unique story of Penguin Books. Eric Schlosser's inimitable brand of hard-hitting yet always entertaining writing looks beneath the surface of American life to examine issues ranging from the black market to burgers. When Penguin published his expose Fast Food Nation in 2001, it sparked a storm in the fast food industry. This piece on the terrifying true cost of cheap meat shows why Schlosser has been instrumental in changing our attitudes to what we eat.

A Study Guide for Eric Schlosser's "Chew on This"

Kids love fast food. And the fast food industry definitely loves kids. It couldn't survive without them. Did you know that the biggest toy company in the world is McDonald's? It's true. In fact, one out of every three toys given to a child in the United States each year is from a fast food restaurant. Not only has fast food reached into the toy industry, it's moving into our

schools. One out of every five public schools in the United States now serves brand name fast food. But do kids know what they're eating? Where do fast food hamburgers come from? And what makes those fries taste so good? When Eric Schlosser's best-selling book, *Fast Food Nation*, was published for adults in 2001, many called for his groundbreaking insight to be shared with young people. Now Schlosser, along with co-writer Charles Wilson, has investigated the subject further, uncovering new facts children need to know. In *Chew On This*, they share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken 'nugget' really is, and how the fast food industry has been feeding off children for generations.

Donut Nation

A visual lexicon of colorful slang terms coined by real estate developers and designers offers insight into land-use practices and the physical elements of American sprawl, in a volume that features color aerial photographs and an analysis of the impact of excessive development.

Slow Food Nation

It has never been so difficult to raise a healthy eater in America. Along with the picky eating and public tantrums that have forever tested the limits of parental patience, today's parents also fend off sophisticated assaults from outside their kitchens: unhealthy food-marketing campaigns aimed at kids; misleading product labels aimed at parents; and a school-food program so starved for cash that it sells name-brand junk food to grade school students. In *Kid Food*, nationally recognized food writer Bettina Elias Siegel (New York Times, *The Lunch Tray*) explores the cultural delusions and industry deceptions that have made it all but impossible to raise a healthy eater in America. Combining first-person reporting with the hard-won understanding of a food advocate and parent, it presents a startling portrayal of the current food landscape for children - and the role of parents in navigating it. Siegel also lifts the curtain on shadowy food industry front-groups, including clever marketing techniques that intentionally confuse parents about a product's nutritional value. (Did you know that "made with real fruit" may mean a product is less healthy?) What emerges is the industry's divide-and-conquer strategy, one that stokes kids' desire for junk food while breaking down parents' ability to act as responsible gatekeepers. For anyone who frets over what their child is eating, *Kid Food* offers both essential reading and a deeper understanding of the factors at play in their child's food environment. Written in the same engaging and relatable voice that has made *The Lunch Tray* a trusted resource for parents for almost a decade, *Kid Food* offers a well of compassion - and expertise - for those fighting the good fight at home.

Don't Eat This Book

Using the examples of Vioxx, Celebrex, cholesterol-lowering statin drugs, and anti-depressants, *Overdosed America* shows that at the heart of the current crisis in American medicine lies the commercialization of medical knowledge itself. Drawing on his background in statistics, epidemiology, and health policy, John Abramson, M.D., reveals the ways in which the drug companies have misrepresented statistical evidence, misled doctors, and compromised our health. The good news is that the best scientific evidence shows that reclaiming responsibility for your own health is often far more effective than taking the latest blockbuster drug. You—and your doctor—will be stunned by this unflinching exposé of American medicine.

Overdosed America

Winner of the NBCC Award for General Nonfiction Named on Amazon's Best Books of the Year 2015--Michael Botticelli, U.S. Drug Czar (Politico) Favorite Book of the Year--Angus Deaton, Nobel Prize Economics (Bloomberg/WSJ) Best Books of 2015--Matt Bevin, Governor of Kentucky (WSJ) Books of the Year--Slate.com's 10 Best Books of 2015--Entertainment Weekly's 10 Best Books of 2015 --Buzzfeed's 19 Best Nonfiction Books of 2015--The Daily Beast's Best Big Idea Books of 2015--Seattle Times' Best Books of 2015--Boston Globe's Best Books of 2015--St. Louis Post-Dispatch's Best Books of 2015--The Guardian's The Best Book We Read All Year--Audible's Best Books of 2015--Texas Observer's Five Books We Loved in 2015--Chicago Public Library's Best Nonfiction Books of 2015 From a small town in Mexico to the boardrooms of Big Pharma to main streets nationwide, an explosive and shocking account of addiction in the heartland of America. In 1929, in the blue-collar city of Portsmouth, Ohio, a company built a swimming pool the size of a football field; named Dreamland, it became the vital center of the community. Now, addiction has devastated Portsmouth, as it has hundreds of small rural towns and suburbs across America--addiction like no other the country has ever faced. How that happened is the riveting story of Dreamland. With a great reporter's narrative skill and the storytelling ability of a novelist, acclaimed journalist Sam Quinones weaves together two classic tales of capitalism run amok whose unintentional collision has been catastrophic. The unfettered prescribing of pain medications during the 1990s reached its peak in Purdue Pharma's campaign to market OxyContin, its new, expensive--extremely addictive--miracle painkiller. Meanwhile, a massive influx of black tar heroin--cheap, potent, and originating from one small county on Mexico's west coast, independent of any drug cartel--assaulted small town and mid-sized cities across the country, driven by a brilliant, almost unbeatable marketing and distribution system. Together these phenomena continue to lay waste to communities from Tennessee to Oregon, Indiana to New Mexico. Introducing a memorable cast of characters--pharma pioneers, young Mexican entrepreneurs, narcotics investigators, survivors, and parents--Quinones shows how these tales fit together. Dreamland is a revelatory account of the corrosive threat facing America and its heartland.

Supersizing Urban America

The Jungle portrays the harsh conditions and exploited lives of immigrants in the United States in Chicago and similar industrialized cities. The book depicts working-class poverty, the lack of social supports, harsh and unpleasant living and working conditions, and a hopelessness among many workers. The primary purpose of the novel in describing the meat industry and its working conditions was to advance socialism in the United States. The main character in the book, Jurgis Rudkus, a Lithuanian immigrant, tries to make ends meet in Chicago. The book begins with his wife Ona and his wedding feast. He and his family live near the stockyards and meatpacking district where many immigrants, who do not know much English, work. He takes a job at Brown's slaughterhouse. Jurgis had thought the US would offer more freedom, but he finds working-conditions harsh. He and his young wife struggle to survive as they fall deeply into debt and become prey to con men. Hoping to buy a house, they exhaust their savings on the down payment for a substandard slum house, which they cannot afford. The family is eventually evicted after their money is taken.

The Slow Food Guide to New York City

For thirty days, Morgan Spurlock ate nothing but McDonald's as part of an investigation into the effects of fast food on American health. The resulting documentary earned him an Academy Award nomination and broke box-office records worldwide. But there's more to the story, and in *Don't Eat This Book*, Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education. He looks at why fast food is so tasty, cheap, and ultimately seductive—and interviews experts from surgeons general and kids to marketing gurus and lawmakers, who share their research and opinions on what we can do to offset a health crisis of supersized proportions. *Don't eat this groundbreaking, hilarious book—but if you care about your country's health, your children's, and your own, you better read it.*

Cogs in the Great Machine

Junk food is everywhere. Today, more and more American children are suffering from conditions that were once reserved for adults: obesity, diabetes, coronary artery disease, and hypertension. As a nutritional consultant and mother of three, Welch offers easy, practical and fun ways to educate and empower kids to eat right.

A Field Guide to Sprawl

Indulge your fast food cravings without guilt—with recipes that deliver the same great taste without putting your health at risk or inches on your hips Americans all want to "eat healthy," but when they yearn for the fast foods they love, what they want most are the fabulous flavors that have made them favorites in the first place. That's what makes this collection of

recipe makeovers so exceptional. Los Angeles food writer, chef, and caterer Devin Alexander specializes in low-fat, high-flavor, scrumptious cuisine. In *Fast Food Fix*, she shows the reader how to transform 75 fast food favorites into healthier versions that are even more flavorful than the originals. *Fast Food Fix*:

- demystifies the special seasonings and secret sauces of choice fast foods—showing how to reproduce their flavors quickly and easily from common ingredients
- teaches how to lighten many dishes with new cooking techniques, such as the oven-frying method that yields incredibly crunchy popcorn chicken with 35 fewer fat grams than the original version from KFC
- reveals simplified cooking methods that save time in the kitchen, proving that "fast food" can still be fast even when prepared at home

For Americans hooked on fast food flavors, these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen staple.

Good Omens

From a Pulitzer Prize-winning investigative reporter at *The New York Times* comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. *Salt Sugar Fat* is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). *Salt Sugar Fat* is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

Diet for a Hot Planet

A Study Guide for Eric Schlosser's "Chew on This," excerpted from Gale's acclaimed *Literary Newsmakers for Students*. This concise study guide includes plot summary; character analysis; author biography; study questions; historical context; suggestions for further reading; and much more. For any literature project, trust *Literary Newsmakers for Students* for all of your research needs.

The Power Broker: Robert Moses and the Fall of New York

Supersizing Urban America reveals how the US government has been, and remains, a major contributor to America's

obesity epidemic. Government policies, targeted food industry advertising, and other factors helped create and reinforce fast food consumption in America's urban communities. Historian Chin Jou uncovers how predominantly African-American neighborhoods went from having no fast food chains to being deluged. She lays bare the federal policies that helped to subsidize the expansion of the fast food industry in America's cities and explains how fast food companies have deliberately and relentlessly marketed to urban, African-American consumers. These developments are a significant factor in why Americans, especially those in urban, low-income, minority communities, have become disproportionately affected by the obesity epidemic."

Unsavory Truth

Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, "Soda is liquid Satan" and "You are a total moron if you think the Atkins Diet will make you thin," it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. *Skinny Bitch* espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling "clean and pure and energized."

Skinny Bastard

We all witness, in advertising and on supermarket shelves, the fierce competition for our food dollars. In this engrossing exposé, Marion Nestle goes behind the scenes to reveal how the competition really works and how it affects our health. The abundance of food in the United States--enough calories to meet the needs of every man, woman, and child twice over--has a downside. Our over-efficient food industry must do everything possible to persuade people to eat more--more food, more often, and in larger portions--no matter what it does to waistlines or well-being. Like manufacturing cigarettes or building weapons, making food is big business. Food companies in 2000 generated nearly \$900 billion in sales. They have stakeholders to please, shareholders to satisfy, and government regulations to deal with. It is nevertheless shocking to learn precisely how food companies lobby officials, co-opt experts, and expand sales by marketing to children, members of minority groups, and people in developing countries. We learn that the food industry plays politics as well as or better than other industries, not least because so much of its activity takes place outside the public view. Editor of the 1988 Surgeon General's Report on Nutrition and Health, Nestle is uniquely qualified to lead us through the maze of food industry interests and influences. She vividly illustrates food politics in action: watered-down government dietary advice, schools pushing soft drinks, diet supplements promoted as if they were First Amendment rights. When it comes to the mass production and consumption of food, strategic decisions are driven by economics--not science, not common sense, and certainly not health.

Read Free Fast Food Nation Guide

No wonder most of us are thoroughly confused about what to eat to stay healthy. An accessible and balanced account, *Food Politics* will forever change the way we respond to food industry marketing practices. By explaining how much the food industry influences government nutrition policies and how cleverly it links its interests to those of nutrition experts, this path-breaking book helps us understand more clearly than ever before what we eat and why.

Fast Food Nation

Moses is pictured as idealist reformer, and political manipulator as his rise to power and eventual domination of New York State politics is documented

Fast Food Nation

Essays cover the history of junk foods and convenience foods, along with information on health, diet, and current controversies surrounding the consumption of this type of food.

Food Inc.: A Participant Guide

The perfect companion to Eric Schlosser's "Fast Food Nation," this study guide contains a chapter by chapter analysis of the book, a summary of the plot, and a guide to major characters and themes. BookCap Study Guides do not contain text from the actual book, and are not meant to be purchased as alternatives to reading the book. We all need refreshers every now and then. Whether you are a student trying to cram for that big final, or someone just trying to understand a book more, BookCaps can help. We are a small, but growing company, and are adding titles every month.

Reefer Madness

By now most of us are aware of the threats looming in the food world. The best-selling *Fast Food Nation* and other recent books have alerted us to such dangers as genetically modified organisms, food-borne diseases, and industrial farming. Now it is time for answers, and *Slow Food Nation* steps up to the challenge. Here the charismatic leader of the Slow Food movement, Carlo Petrini, outlines many different routes by which we may take back control of our food. The three central principles of the Slow Food plan are these: food must be sustainably produced in ways that are sensitive to the environment, those who produce the food must be fairly treated, and the food must be healthful and delicious. In his travels around the world as ambassador for Slow Food, Petrini has witnessed firsthand the many ways that native peoples are feeding themselves without making use of the harmful methods of the industrial complex. He relates the wisdom to be

gleaned from local cultures in such varied places as Mongolia, Chiapas, Sri Lanka, and Puglia. Amidst our crisis, it is critical that Americans look for insight from other cultures around the world and begin to build a new and better way of eating in our communities here.

Food Politics

In the tradition of *Fast Food Nation* and *The Omnivore's Dilemma*, an extraordinary investigation into the human lives at the heart of the American grocery store. What does it take to run the American supermarket? How do products get to shelves? Who sets the price? And who suffers the consequences of increased convenience and efficiency? In this alarming exposé, author Benjamin Lorr pulls back the curtain on this highly secretive industry. Combining deep sourcing, immersive reporting, and compulsively readable prose, Lorr leads a wild investigation in which we learn:

- The secrets of Trader Joe's success from Trader Joe himself
- Why truckers call their job "sharecropping on wheels"
- What it takes for a product to earn certification labels like "organic" and "fair trade"
- The struggles entrepreneurs face as they fight for shelf space, including essential tips, tricks, and traps for any new food business
- The truth behind the alarming slave trade in the shrimp industry

The result is a page-turning portrait of an industry in flux, filled with the passion, ingenuity, and exploitation required to make this everyday miracle continue to function. The product of five years of research and hundreds of interviews across every level of the industry, *The Secret Life of Groceries* delivers powerful social commentary on the inherently American quest for more and the social costs therein.

Encyclopedia of Junk Food and Fast Food

Did you know that: More than 80% of the foods you eat in restaurants and buy at supermarkets contain genetically engineered ingredients, and that these ingredients have been linked to toxic and allergic reactions in people; sickness, sterility, and fatalities in livestock; and damage to virtually every organ studied in lab animals? If you don't count French fries, ketchup or pizza as vegetables, more than half of Americans eat no vegetables at all? Cows raised for meat are impacting our climate more than cars? It's possible to be a positive food revolutionary without sounding like a self-righteous nag? Join John and Ocean Robbins for 21 intimate, game-changing conversations with some of the world's leading "food revolutionaries": scientists, doctors, teachers, farmers, economists, activists, and nutritionists working on food issues today. Introduced and with commentary by John Robbins and his son Ocean, the book features luminaries such as: Dean Ornish, MD, on his years-in-the-making breakthrough with Medicare (his program for healing heart disease is now covered) Kathy Freston on making incremental, manageable changes to how we eat. T. Colin Campbell, PhD, (author of the famed China Study) with the latest research on animal protein and human health Joel Fuhrman, MD (author of the bestselling *Eat to Live*), on achieving excellent health through diet Caldwell Esselstyn, MD, of the Cleveland Clinic on wiping out heart disease by

changing what we eat Vandana Shiva, PhD, on GMOs and Big Ag Rory Freedman on how to stop eating misery and start looking fabulous Raj Patel on building a saner global food policy Each contributor discusses his or her work in depth, but together they make one rallying cry: for a healthy, sustainable, humane, and delicious revolution in how we and the world are fed. Over twenty-five years ago John Robbins started a revolution. This book is proof of how far we've come, a fascinating look behind the scenes of the multi-faceted food movement, and a call to join in the work of ensuring our health and food future.

Dreamland

Food, Inc. is guaranteed to shake up our perceptions of what we eat. This powerful documentary deconstructing the corporate food industry in America was hailed by Entertainment Weekly as "more than a terrific movie—it's an important movie." Aided by expert commentators such as Michael Pollan and Eric Schlosser, the film poses questions such as: Where has my food come from, and who has processed it? What are the giant agribusinesses and what stake do they have in maintaining the status quo of food production and consumption? How can I feed my family healthy foods affordably? Expanding on the film's themes, the book Food, Inc. will answer those questions through a series of challenging essays by leading experts and thinkers. This book will encourage those inspired by the film to learn more about the issues, and act to change the world.

Grocery Story

For every Skinny Bitch, there's a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What's good for the bitch is good for the bastard. Hundreds of thousands of women have been inspired to "use their head" and get real about the food they eat after reading the best-selling manifesto Skinny Bitch. But it turns out some men have been reading over their girlfriends' shoulders. Professional athletes such as Milwaukee Brewers' Prince Fielder and the Dallas Mavericks' Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In Skinny Bastard, they'll explain why the macho "meat and potatoes" diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn't be a "girlie" thing—and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

Fast Food Nation: The Dark Side of the All-American Meal

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy,

politics, popular culture, entertainment, and food production.

Fast Food Maniac

The classic collaboration from the internationally bestselling authors Neil Gaiman and Terry Pratchett, soon to be an original series starring Michael Sheen and David Tennant. “Good Omens . . . is something like what would have happened if Thomas Pynchon, Tom Robbins and Don DeLillo had collaborated. Lots of literary inventiveness in the plotting and chunks of very good writing and characterization. It’s a wow. It would make one hell of a movie. Or a heavenly one. Take your pick.”—Washington Post According to The Nice and Accurate Prophecies of Agnes Nutter, Witch (the world's only completely accurate book of prophecies, written in 1655, before she exploded), the world will end on a Saturday. Next Saturday, in fact. Just before dinner. So the armies of Good and Evil are amassing, Atlantis is rising, frogs are falling, tempers are flaring. Everything appears to be going according to Divine Plan. Except a somewhat fussy angel and a fast-living demon—both of whom have lived amongst Earth's mortals since The Beginning and have grown rather fond of the lifestyle—are not actually looking forward to the coming Rapture. And someone seems to have misplaced the Antichrist . . .

The Secret Life of Groceries

A visual lexicon of colorful slang terms coined by real estate developers and designers offers insight into land-use practices and the physical elements of American sprawl, in a volume that features color aerial photographs and an analysis of the impact of excessive development.

Philosophy Comes to Dinner

Slow Food is dedicated to: - stewardship of the land and ecologically sound food production- revival of the kitchen and the table as centers of pleasure, culture, and community- invigoration and proliferation of regional, seasonal culinary traditions- living a slower and more harmonious rhythm of life

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