



Food Matters: A Guide to Conscious Eating with More Than 75 Recipes

By Mark Bittman

Simon & Schuster. Paperback. Book Condition: New. Paperback. 336 pages. From the award-winning champion of culinary simplicity who gave us the bestselling *How to Cook Everything* and *How to Cook Everything Vegetarian* comes *Food Matters*, a plan for responsible eating that's as good for the planet as it is for your weight and your health. We are finally starting to acknowledge the threat carbon emissions pose to our ozone layer, but few people have focused on the extent to which our consumption of meat contributes to global warming. Think about it this way: In terms of energy consumption, serving a typical family-of-four steak dinner is the rough equivalent of driving around in an SUV for three hours while leaving all the lights on at home. Bittman offers a no-nonsense rundown on how government policy, big business marketing, and global economics influence what we choose to put on the table each evening. He demystifies buzzwords like organic, sustainable, and local and offers straightforward, budget-conscious advice that will help you make small changes that will shrink your carbon footprint -- and your waistline. Flexible, simple, and non-doctrinaire, the plan is based on hard science but gives you plenty of leeway to tailor...



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Reviews

The book is fantastic and great. It is really exciting through looking at period of time. Your way of life period will likely be change when you full reading this publication.

-- **Elijah Kuphal**

A whole new e book with an all new point of view. It is one of the most incredible book i actually have go through. I am easily could possibly get a enjoyment of reading through a written book.

-- **Nathanael Treutel**