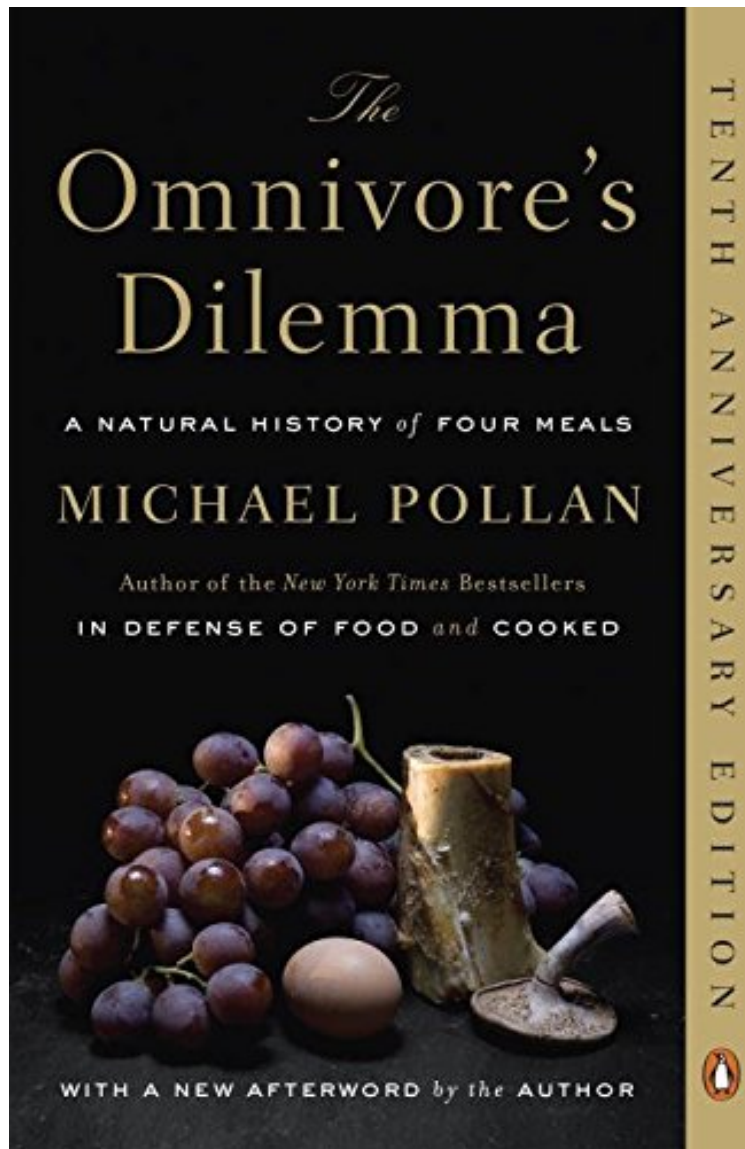


(Free read ebook) The Omnivore's Dilemma: A Natural History of Four Meals

The Omnivore's Dilemma: A Natural History of Four Meals

Michael Pollan

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#2382 in Books Penguin 2007-08-28 2007-08-28Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 8.38 x 1.07 x 5.48l, .93 #File Name: 0143038583450 pagesISBN13: 9780143038580 | File size: 61.Mb

Michael Pollan : The Omnivore's Dilemma: A Natural History of Four Meals before purchasing it in order to gage whether or not it would be worth my time, and all praised The Omnivore's Dilemma: A Natural History of Four Meals:

0 of 0 people found the following review helpful. The vast amount of information in this book was a complete surprise to those who were not fortunate enough to have been raised oBy LKAs a former farmgirl and a current microbiologist

with experience with both microbes and food additives, I gave a book review of this for a college-level group. The vast amount of information in this book was a complete surprise to those who were not fortunate enough to have been raised on a farm. Very eye-opening to them, such as chickens raised in 200,000 chicken "chicken houses", or that beef is finished in huge lots where the live calf is forced to sleep in its own feces up to its hocks-which the calf does not like. It offers an alternative that is expensive, but very humane to all. The section on hunter-gatherer is also well supported. LK26 of 27 people found the following review helpful. To be or not to be a vegetarian? By M. C. Meyer To be or not to be a vegetarian? This is a very interesting book - well thought out and investigated. I am not certain that I want to consume meat again as Pollan tells the reader how these feeder lot cows, pigs and chickens actually live and die. Really, not my idea of humane. Just as interesting is his investigation of corn. It is amazing how corn is in absolutely everything from high-fructose corn syrup to fish food; gasoline to paint; fish to well, you get the idea. While more and more acreage is devoted to mono-crops, chiefly corn, we are the "benefactors" of everything that is corn related. Feed lot cattle are fed corn to fatten them up even though it makes them terribly sick and reduces the number of valuable nutrients available to grass fed cows. Multiply that by lamb, chicken, goat, salmon, tilapia, shrimp and you get an idea of why you are eating corn at every meal whether you know it or not. Compound this with the fact that 3 companies control the corn product from seed to pesticide to fertilizer and this monoculture is there to get you in one way or another. Corn that can be sprayed with pesticides that kill everything except the corn - bugs, weeds..... Makes you wonder what you are eating. Anyhow, Pollan has done a wonderful job investigating the food chain and its effect on the environment be it our internal flora or life on earth. 0 of 0 people found the following review helpful. Where we are heading in regards to food is anyone's guess but this book should help inform all of us to make better decisions wh By Mitch For anyone with a food conscience this will hopefully open your eyes and widen your horizons to the flawed industrial food system we all live within to some extent. This book is a very informative analysis of our current food system and how the actions of corporations coupled with historical events have indirectly led to the current health epidemics afflicting society. Where we are heading in regards to food is anyone's guess but this book should help inform all of us to make better decisions when purchasing produce and subsequently improve our health.

One of the New York Times Book Review's Ten Best Books of the Year Winner of the James Beard Award Author of #1 New York Times Bestsellers In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with *The Omnivores Dilemma*, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, *The Omnivores Dilemma* continues to transform the way Americans think about the politics, perils, and pleasures of eating.

From Publishers Weekly [Signature] ed by Pamela Kaufman Pollan (*The Botany of Desire*) examines what he calls "our national eating disorder" (the Atkins craze, the precipitous rise in obesity) in this remarkably clearheaded book. It's a fascinating journey up and down the food chain, one that might change the way you read the label on a frozen dinner, dig into a steak or decide whether to buy organic eggs. You'll certainly never look at a Chicken McNugget the same way again. Pollan approaches his mission not as an activist but as a naturalist: "The way we eat represents our most profound engagement with the natural world." All food, he points out, originates with plants, animals and fungi. "[E]ven the deathless Twinkie is constructed out of... well, precisely what I don't know offhand, but ultimately some sort of formerly living creature, i.e., a species. We haven't yet begun to synthesize our foods from petroleum, at least not directly." Pollan's narrative strategy is simple: he traces four meals back to their ur-species. He starts with a McDonald's lunch, which he and his family gobble up in their car. Surprise: the origin of this meal is a cornfield in Iowa. Corn feeds the steer that turns into the burgers, becomes the oil that cooks the fries and the syrup that sweetens the shakes and the sodas, and makes up 13 of the 38 ingredients (yikes) in the Chicken McNuggets. Indeed, one of the many eye-openers in the book is the prevalence of corn in the American diet; of the 45,000 items in a supermarket, more than a quarter contain corn. Pollan meditates on the freakishly protean nature of the corn plant and looks at how the food industry has exploited it, to the detriment of everyone from farmers to fat-and-getting-fatter Americans. Besides Stephen King, few other writers have made a corn field seem so sinister. Later, Pollan prepares a dinner with items from Whole Foods, investigating the flaws in the world of "big organic"; cooks a meal with ingredients from a small, utopian Virginia farm; and assembles a feast from things he's foraged and hunted. This may sound earnest, but Pollan isn't preachy: he's too thoughtful a writer, and too dogged a researcher, to let ideology take over. He's also funny and adventurous. He bounces around on an old International Harvester tractor, gets down on his belly to examine a pasture from a cow's-eye view, shoots a wild pig and otherwise throws himself into the making of his meals. I'm not convinced I'd want to go hunting with Pollan, but I'm sure I'd enjoy having dinner with him. Just as long as we could eat at a table, not in a Toyota. (Apr.) Pamela Kaufman is executive editor at Food Wine magazine.

Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Bookmarks Magazine In *The Botany of Desire* (2001), about how people and plants coevolve, Michael Pollan teased greater issues from speciously small phenomena. *The Omnivore's Dilemma* exhibits this same gift; a Chicken McNugget, for example, illustrates our consumption of corn and, in turn, agribusiness's oil dependency. In a journey that takes us from an "organic" California chicken farm to Vermont, Pollan asks basic questions about the moral and ecological consequences of our food. Critics agree it's a wake-up call and, written in clear, informative prose, also entertaining. Most found Pollan's quest for his foraged meal the highlight, though the Los Angeles Times faulted Pollan's hypocritical method of "living off the land." Many also voiced a desire for a more concrete vision for the future. But if the book doesn't outline a diet plan, it's nonetheless a loud, convincing call for change. Copyright 2004 Phillips Nelson Media, Inc. From Booklist Humans were clearly designed to eat all manner of meats, vegetables, fruits, and grains. But, as Pollan points out, America's farmers have succeeded so wildly that today's fundamental agricultural issue has become how to deal sensibly with overproduction. The result of this surfeit of grain is behemoth corn processors, who have commoditized the Aztecs' sacred grain and developed ways to separate corn into products wholly removed from its original kernels. This excess food and Americans' wealth and rapid-paced lifestyles now yield supersized portions of less-than-nutritious eatables. Pollan contrasts the technologically driven life on an Iowa corn farm's feedlots with the thriving organic farm movement supplying retailers such as Whole Foods. Pollan also addresses issues of vegetarianism and flesh eating, hunting for game, and foraging for mushrooms. Throughout, he takes care to consider all sides of issues, and he avoids jingoistic answers. Although much of this subject has been treated elsewhere, Pollan's easy writing style and unique approach freshen this contemporary debate. Mark Knoblauch Copyright American Library Association. All rights reserved