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# Food Inc.: A Participant Guide: How Industrial Food Is Making Us Sicker, Fatter, And Poorer-And What You Can Do About It



## Synopsis

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.

## Book Information

Paperback: 336 pages

Publisher: PublicAffairs; 1 edition (May 5, 2009)

Language: English

ISBN-10: 1586486942

ISBN-13: 978-1586486945

Product Dimensions: 6.1 x 0.9 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 132 customer reviews

Best Sellers Rank: #135,016 in Books (See Top 100 in Books) #142 in Books > Humor & Entertainment > Movies > Theory #1181 in Books > Health, Fitness & Dieting > Nutrition #2324 in Books > Arts & Photography > Performing Arts

## Customer Reviews

David Denby, New Yorker "Those of us who avoid junk food, with many sighs of relief and self-approval, may still be eating junk a good deal of the time. This enraging fact, which will not surprise anyone who has read such muckraking books as Eric Schlosser's "Fast Food Nation" (2001) and Michael Pollan's "The Omnivore's Dilemma" (2006), is one of the discomfiting meanings of the powerful new documentary "Food, Inc.," an angry blast of disgust aimed at the American food industry. The American Conservative "If you care about what you're eating, you should see the new documentary Food Inc." Takepart.com "Most of you have probably heard about Food, Inc., the movie, but did you also know there's a

companion book to the film? The book explores the challenges raised by the movie in fascinating depth through 13 essays, most of them written especially for this book, and many by experts featured in the film. Highlights include chapters by Michael Pollan (Omnivore's Dilemma and In Defense of Food), Anna Lappe (Hope's Edge and Grub), Eric Schlosser (Fast Food Nation and film co-producer), Robert Kenner (film director), and a chapter on asking the right questions from Sustainable Table! The book is so popular it's already in its fourth printing. •

Karl Weber is a writer and editor based in New York. He collaborated with Muhammad Yunus on his bestseller *Creating a World Without Poverty*, edited *The Best of I. F. Stone*, and, with Andrew W. Savitz, co-authored *The Triple Bottom Line: How Today's Best-Run Companies Are Achieving Economic, Social, and Environmental Success—and How You Can Too*.

I went into this book knowing what I believed to be meager snippets of information about the Food Industry. I finished this book with little more information than what I already knew, which as I said, was meager. Honestly, I'm quite disappointed. I could tell by Part One opening with Eric Schlosser, *Rolling Stone*, a little left of center, that the book I was reading was going to be more political than informative. Parts One and Two were Soapbox Letters with tidbits of meaty information. By midway Part Two until the end of the book, which is the bulk of the book, don't expect any in-depth descriptions about Corporate food, organics, GMOs, animal welfare, hormones, cancer, etc. The book takes a sharp bend to Climate Change and maintains that bend for the remainder. The only author that I felt any simpatico towards was Joel Salatin in Part Three, Chapter Ten. I did a little further research on him and he describes himself as a "Christian-libertarian-environmentalist-capitalist-lunatic-Farmer", which helped me understand my liking him. I didn't feel like he was preaching or taking the route of the victim. His approach was very proactive and liberating. In the end, there isn't any information in this book that I will refer to in the future. I won't have a discussion with a Monsanto cheerleader and say "Well in 'Food Inc.' I know Monsanto does x,y, or z." What I knew about Monsanto pre-Food Inc is what I know about Monsanto post-Food Inc. What I know about GMOs, organics, animal welfare, etc is all the same. What I did learn is that I am a Christian Libertarian Capitalist who is concerned with the environment (to a degree, not in worship) and furthermore concerned with the chemicals that I place in my childrens' bodies. I am concerned with my family's food sovereignty. I am concerned that Corporations, like Monsanto, are legally maneuvering themselves to take away that sovereignty. I also learned that I am in company with a lot of people that I disagree with politically. I am concerned

that their approach is in fact sabotaging food sovereignty. So, for the readers out there, if you're far left of center, this will probably be an enjoyable yet uninformative read. If you're anywhere else on the political spectrum this will be an incredibly boring and uninformative read.

I've been in the food industry for a number of years, so there isn't much that surprised me in this book. I had to get it for a class that I'm in, so I had to read it even though I never would have picked it up on my own. It is a great companion to the documentary. It almost feels like the commentary and deleted scenes section of a DVD put into book form. You get a chance to learn more about the people involved in making the film and get a better background about why the film was made. I rated it 3-stars because, for me, it is just okay. Someone that is actually a part of the intended audience, an uniformed consumer, may get more out of it than I did.

Eye opening and should be read by as many people as possible to spread the word on where the food you consume comes from. Will make you look at your choices when shopping in a supermarket.

First it was the movie, then, wanting more information, I bought the book. It has changed our entire approach to eating and now we are practically vegetarians - and even eat a lot of vegan dishes. I do not use packaged or prepared meals and we rarely eat meat at all - especially never chicken and ground hamburger. This book has sensitized us to every type of food including fish, so I do the research on salmon to make sure we only buy wild caught (not wild farmed.) We also grow our own vegetables now and surprisingly, we do not miss meat. In fact, when we do eat it, it's always somewhat disappointing as our taste for vegetables and whole grains now dominates our preferences and these are infinitely more flavorful (IMO). So, we owe a lot to these authors and are grateful for the research and the book. I'm still a little surprised that many people have not heard of this book, so that motivates me to write this review. Highly recommended.

Its appalling that our government is allowing this to go on behind closed doors. Other countries such as Europe care about their people and want their country to be healthy and strong. We here in the United states are living under fraudulent conditions when it comes to the food industry. What about Cancer, heart disease diabetes???? This Food, INC. DVD will definitely get you thinking about how you have to be your own advocate and educate yourself about what you are putting into your body, and how to be a better manager over what you put into your body and not to put all your trust

into the government, and advertisements. I recommend watching Food, INC. It might just wake you up.

Watching Food, Inc. was a life-changing experience for so many of us who are committed to the idea of living a healthy lifestyle centered around consuming real, whole foods that are preferably sourced locally where we live and without all the modern-day industrialized practices that dominate much of what is called "food" in the United States in the 21st Century. This powerful documentary shone a great light on problems like factory farming while extolling the virtues of choosing more organic vegetables and grass-fed meats for optimal health and longevity. It's a deep subject that warranted even further discussion which is why FOOD INC.: A PARTICIPANT GUIDE was created. Featuring many of the major players from the film--namely Eric Schlosser, Michael Pollan, Marion Nestle, Joel Salatin, and more--this book includes some poignant essays designed to make you think about how Americans typically buy what they think is "food" and what REAL food looks like by stark contrast. It's funny, our grandparents from just a couple of generations ago didn't have to call what they ate "real food"...they simply called it "food." It's time we return to those days again and books like this one along with the companion DVDÂ Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About ItÂ will help make that happen.

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