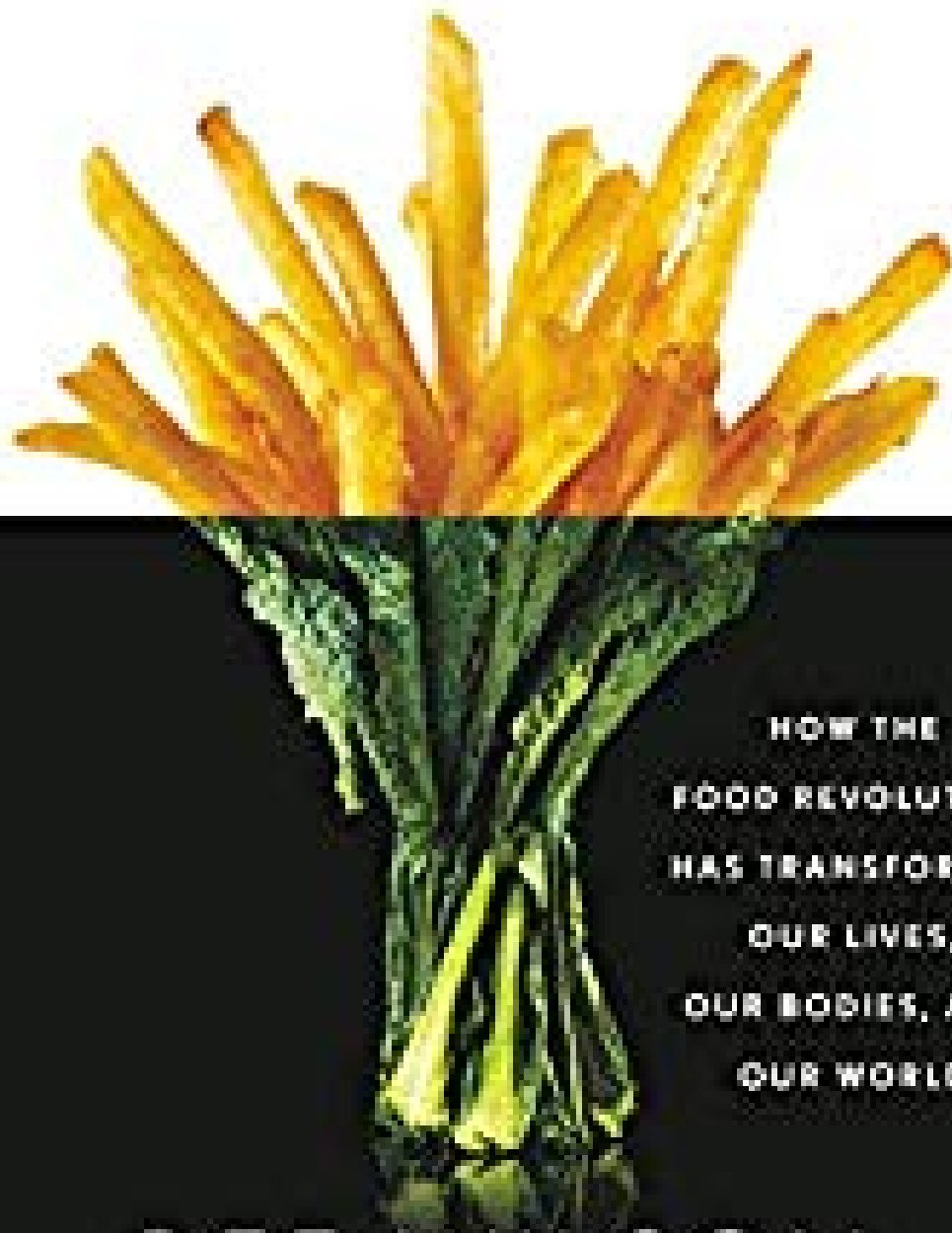


THE WAY WE EAT NOW



HOW THE
FOOD REVOLUTION
HAS TRANSFORMED
OUR LIVES,
OUR BODIES, AND
OUR WORLD

BEE WILSON

Bee Wilson

The Way We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World



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An award-winning food article writer calls for us on a worldwide tour of what the world eats--and shows us how we can change it for the better. Food is one of life's great joys. So why has consuming become such a source of anxiety and confusion? Paradoxically, our diets are receiving healthier and less healthy at the same time. Bee Wilson shows that in two generations the globe has undergone an enormous shift from traditional, limited diets to more globalized means of taking in, from bubble tea to quinoa, from Soylent to food kits. Yet modern meals also kills--diabetes and heart disease are on the rise everywhere on earth. For some, there has under no circumstances been a happier food era than today: a time of unusual herbs, farmers' markets, and internet recipe swaps. That is a book about the good, the terrible, and the avocado toast. A riveting exploration of the concealed forces behind what we eat, *The Way WE CONSUME* Now explains how this food revolution has changed our bodies, our social lives, and the world we live in.



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