

**"A STIRRING CALL TO ACTION."**

**—Mark Bittman**

# **FORMERLY KNOWN AS FOOD**

**How the  
Industrial  
Food System  
Is Changing Our  
Minds, Bodies,  
and Culture**

**Kristin  
Lawless**

Kristin Lawless

Formerly Known As Food: How the Industrial Food System Is Changing Our  
Minds, Bodies, and Culture



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Among Bustle's "17 Best non-fiction Books Coming Out In June 2018" Among the Revelator's "16 New Environmental Books for June" One of Equinox's "5 Books Large Performers Should Read in June" Among Foodtank's "18 Books Building a Splash This Summer" One of CivilEats' "22 Noteworthy Meals and Farming Books for Summer season Reading?and Beyond"From the voice of a fresh generation of meals activists, a separate and deeply-researched require a new food movement.If you believe buying organic from Whole Foods is protecting you, you're wrong. Our meals?also what we're informed is good for us?has transformed for the worse in the past 100 years, its nutritional articles deteriorating due to commercial farming and its own composition altered because of the addition of thousands of chemicals from pesticides to packaging. We hardly any longer know what we're consuming.In Formerly Known as Food, Kristin Lawless argues that, due to the degradation of our diet, our bodies are literally changing from the inside out. After years of "eat this, not that" guidance from doctors, journalists, and food faddists, she offers something completely different."An unbiased journalist and nutrition expert, Lawless is emerging as the tone of voice of a new generation of meals thinkers. The billion-dollar food sector is reshaping our food choices, altering our brains, changing the composition of our microbiota, and actually influencing the expression of our genes. Lawless presents a comprehensive explanation of the problem?going beyond diet to issues of food choice, class, competition, and gender?and offers a sound and simple philosophy of consuming, which she phone calls the "Whole Egg Theory."Destined to create the debate over meals politics for another decade, Formerly Referred to as Meals speaks to a new generation looking for a different discussion about the meals about our plates.Naomi Klein, author of No ISN'T Enough and This Changes Everything: "In this revelatory study of the dangers of the industrial meals system, Lawless presents crucial tools for navigating it safely. The best ones have nothing related to shopping information: she asks us to believe holistically about food, why it can not be separated from various other struggles for justice, and what it means to demand transformative switch." Mary Esther Malloy, MA, Mindful Birth NY: "Groundbreaking. Lawless did a thorough job of describing how therefore much of what we consume doesn't qualify as 'meals'"Laurie David, Academy Award winning producer of An Inconvenient Truth and Fed Up: "You better go through this book before you put another bite of food in your or your children' mouths!" Mark Bittman, writer of How to Make Everything: "A stirring proactive approach. will get you thinking in a different way about how exactly you nourish yourself as well as your family members... Lawless chronicles how that is taking place and what this means for our anatomies, health, and survival.



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The clearest study of the latest findings in nutrition. That is a frightening indictment of the Big Food industries which have taken over everything that we eat, regardless of how careful we are. A MUST-READ for anyone who eats. Should be required reading for organizations organizing food banks. Her interviews with scientists and evaluations of the latest scientific findings are eye-opening. Consumer choices are what shaped the food industry. This book blames food industry's advertisement as the main reason for the poor choices made by consumers. A font of knowledge that is changing just how I browse labels and choose food. Her sights are provocative, and given the gravity of this crisis let us hope she succeeds in increasing awareness and stimulating debate. Overall an excellent book: beautiful prose. Overall a great book: beautiful prose, thoroughly researched, deeply insightful. Flawed socialist solutions. Kristin Lawless's arguments in *Formerly Referred to as Food: The way the Industrial Food Program is Changing Our Thoughts, Bodies, and Culture* are alternatively obvious, shocking, and ridiculous. Lawless makes a forceful case about the significant deterioration of nutritional quality in the era of industrial farming, organic or elsewhere. Our health depends upon it. Her proposed remedies are radical and utopian, and several readers will see fault with them- as this one has. That is not to discover fault with her book, because *Formerly REFERRED TO AS Food* gets the virtue of expressing independent thoughts and concepts, something in short supply nowadays. Read this in the event that you value your own wellness, and that of your kids and grandchildren. She spells out in detail the potential connections to particular disease states, and links declining food quality to the dramatic change inside our gut flora. Good Book! I've read a whole lot of books about food and I love the simplicity of this one, I concur that we need less GMO and more organic. The big question is how to reverse the damages currently started. Critical reading. This information is indeed well researched and it is so vital that everyone should read this book. Although distressing, it is a starting stage that we can function to help ourselves. Good for Foodies. Interesting! As a grumpy old nurse I checked almost every footnote ... As a grumpy aged nurse I checked nearly every footnote. Her prescriptions for making ourselves and our society healthier will demand some large lifting, but as she notes, it's that sort of public pressure that eventually reduced the influence of Big Tobacco. Couldn't put it down I was engrossed as soon as I started reading! Nearly what I anticipated. Her recommendations regarding our food system are very pertinent and her feedback in regards to women's roles undergird a genuine feminist movement which strives to centralize the function of the meals provider and their essential role in wellness maintenance. I passed it along to family members and today they can't put it down either! Cookie Five Stars. Excellent, strongly suggested. While she condemns all of the social and economic elements that make it difficult to spend enough time and money to consume better, she doesn't fault us as consumers. But given a choice of readily made meals, just how many people would actually want to spend hours in the home cooking supper? She manages to explore the long set of unexamined (and unpronounceable) chemicals in our food into a personal narrative that kept me reading. Convincing info on diet and the meals we eat; Ms. First, the most obvious. Americans have become over-dependent on prepared, packaged foods. Lawless's explanation of the digesting of milk made me want in order to avoid it, or to look for a regional dairy where I could get milk directly from a cow. During the period of the last many decades, eating entire foods, close to their geographical origin and close their original form, has become a lot more expensive and tough. Even packaged products that attest to be more healthful for us are subject to the processing, delivery, and additives that rob them of their vitamins and minerals or make them more threatening to us. Because of convenience, price, and economies of level, our food source has become controlled by a very small number of powerful businesses, and we People in America happily consume it up. While we obviously must try to eat more whole foods and fewer prepared, packaged foods, the sections coping with the chemical ramifications of food, food additives, herbicides and insecticides, and packaging actually rocked me.



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