



# The Ethics of What We Eat

Why Our Food Choices Matter

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AUTHOR OF *ANIMAL LIBERATION*  
and JIM MASON

Peter Singer

## The Ethics of What We Eat: Why Our Food Choices Matter



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As they explain: You could be ethical without having to be fanatical. The Ethics of What We Eat explores the impact our food options have on humans, pets, and the environment. Recognizing that not all of us can be vegetarians, Singer and Mason offer ways to make healthful, humane food choices. Peter Singer, the groundbreaking ethicist whom The New Yorker calls the most influential philosopher alive teams up again with Jim Mason, his coauthor on the acclaimed Pet Factories, to create their critical sights on the meals we buy and eat: where it comes from, how it really is produced, and whether it was raised humanely.



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Wait! What am I eating? A powerfully written dialogue about food production, food choices, and the significance of consciously considering how our meals is grown, treated, and delivered. Singer's opening series: "We don't generally think of what we eat as a matter of ethics" (p. 3). Gulp. He's correct, I was, still am occasionally, an unconscious purchaser and consumer. I was convicted after scanning this book to be more conscious, more educated, even more deliberate in understanding what I'm eating, where and how it had been grown, and the methods encircling it. This is actually the power of this book! I was disappointed that it didn't cover even more ethical qualms about the types of plant structured foods we produce and consume; Admittedly, you can find days when I fail miserably (sigh). The energy of Singer's publication is in the way he presents the complexity of decision making (for example - buy local but if their meals practices are unethical, could it be wise to buy regional? Singer's gadget of using three families with three differing approaches (Standard American Diet; Be mindful before reading, it'll cause you to change your way of eating and, make you look at food in a different way. But I'm no longer unconscious which is a start.!) - these are not really two dimensional easy options, even though trying to pull the thread - it could be difficult to ascertain practices of food suppliers, and there's the practical - at the end of a long workday, I just need to get supper up for grabs. While reading I felt as though Singer was trying to provide information in a conversational way to get me to thinking, to improve awareness - the total amount between information, queries, and sympathy with the difficulties of ethical decision making when we maybe don't have all the facts, it's not dark and white, etc. was really helpful in having the ability to digest and consider the materials (i.e. Started out as a hw assignment, and then became a hobby Great book, an attention opener.. This book was great within an informative aspect This book was great in an informative aspect.smile).The section labeled How to locate Ethical Food included great URLs and extra reading on a variety of topics. I highly recommend. Is there anything incorrect with milk and eggs? I had many queries: Are all animals wrong to consume? What does cage free, humane certified actually mean? Do you know the reasons (other than health promises) for heading organic? This book blends philosophical arguments, thoroughly researched evidence, and hands on experience to supply excellent insight into these questions. It opened up me up to why some of us opting for a particular eating lifestyle. This is recommended by a university professor and it opened my eyes. Why you should be vegan according to vegans The book is well researched and straightforward to learn. Ethics of What We Eat I ordered this book for an English course We was taking at Cypress College in Cypress, California. Eye opening Interesting read! Also, some of our reasons behind our choices are unsupported. We make the decisions to "consume healthy" based on general public perceptions and beliefs without digging deeper and verifying facts. Reading this reserve paints a clear picture that a lot of our "healthy" options may benefit us for a while but become hurting the "health" of our environment in the future. Five Stars Peter Singer is an inspiration to me Good Good book Let Your Conscience Be Your Guide I actually am shifting to vegetarianism and I have to say that this book provided a solid basis for making that decision from an ethical perspective. and practical experience to provide superb insight into these questions For a long time I had been concerned about the consequences of my eating habits, however I have been overwhelmed with all of the information and options which were out there. Eye opening Opens your eye to the horrors of factory farming. That's not the thrust of the book, but this book provides nurtured along my growing desire to eat more mindfully and to consider the downstream influence of the foods I eat. Well worth reading!, I didn't feel preached at and such as a loser because I don't often know or consider. It influenced me to become a vegetarian (lasted about 9 months) but definitely well worth the read. In case you are considering veganism and so are partial to arguments regarding the suffering of animals, I would recommend this reserve. With a primary focus on factory

farming, it covers a variety of topics from the ethical treatment of pets, to environmental impacts, to fair trade. Arguments were generally well crafted, but sometimes fallacious (although not necessarily unsound) and often appealed to animal suffering even in claims that did not demand it. It's a tough commitment to live up to, focusing mostly on reasons to avoid animal items. The concluding sections had been quite good, particularly on not being fanatical about veganism and resources linked. A well-written read from Singer. A little bit idealistic ultimately however. A few of the materials is accessible, yet it appears Peter Singer is a pioneer. I will be more dedicated to a way of living as conscientious omnivore. I have go through a lot of this type and was surprised to find new info and argumentation on this well-trodden floor.. conscientious Omnivores, and The Vegans) was useful in illustrating a continuum of options and recognition but also in illustrating the difficulties of every, and the difficulties we've in making wise, informed food options.



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