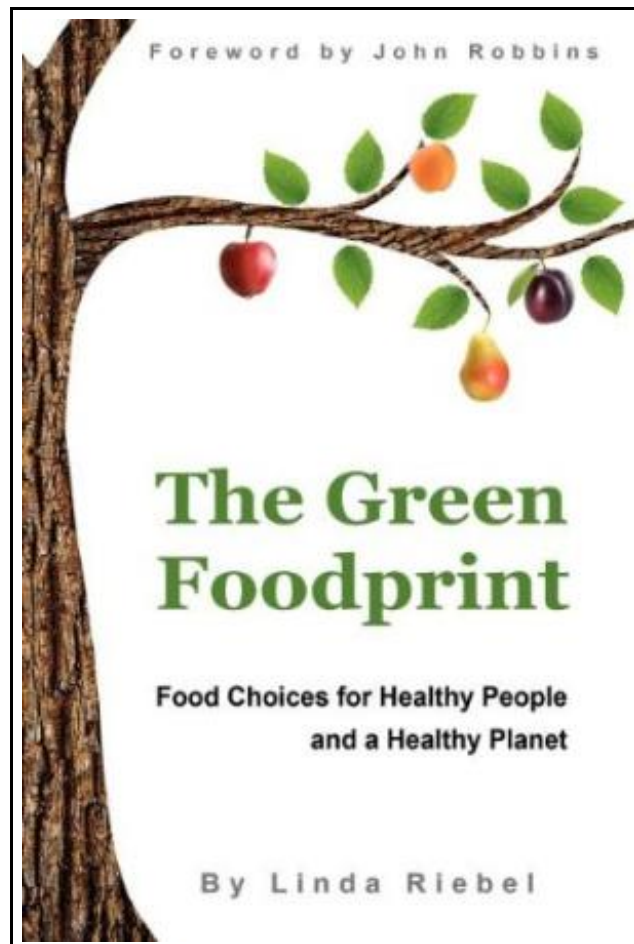


The Green Foodprint: Food Choices for Healthy People and a Healthy Planet



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(Audrey Lowe I)

THE GREEN FOODPRINT: FOOD CHOICES FOR HEALTHY PEOPLE AND A HEALTHY PLANET



Print and Pixel Books. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Millions of people realize that their food choices can help-or hurt-the earth. They want to reduce their food footprint, but with so many decisions to make (omnivore or vegetarian, organic or conventional, local or global), how is a busy person to navigate all the possibilities? The Green Foodprint: Food Choices for Healthy People and a Healthy Planet is a concise, easy-to-read, and practical guide through the new world of healthful food that is also easier on the environment. The book is packed with inspiring facts and stories about how readers can make a big difference with a few wise decisions. Appealing to a wide range of readers and eaters, The Green Foodprint describes five memorable guidelines, and the many healthful, earth-friendly options available within each guideline. Against the background of a flawed industrial food system, the book highlights positive changes and the power of citizens to help themselves and the earth with their food choices. Likely audiences include people interested in sustainability, students and educators at all levels from middle school through university, health care providers, nutritionists, people concerned about their health, environmentalists, journalists, foodies, animal lovers, vegetarians, and parents of young children. Why is this book unique? Trade books on the environment fall into two broad categories: long, detailed narratives, exposes, or descriptions of specific industries; and lifestyle overview surveys that offer checklists for actions individuals can take. The former tend to be very detailed and depressing, leaving readers to deduce what to do. The latter tend to be superficial and try to cover too many aspects of American life. The Green Foodprint combines the best of both. It covers one domain-food-and shows how readers can make earth-friendly choices that have proven results....



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