



# Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It

By Anna Lappe

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Nearly four decades after her mother, Frances Moore Lappé, published *Diet for a Small Planet*, sparking a revolution in our thinking about the social and environmental impact of our food choices, Anna Lappé picks up the conversation, examining another hidden cost of our food system: the climate crisis. From raising cattle in industrial-scale feedlots to razing rainforests to make palm oil for Pop-Tarts, the choices we make about how we put food on our plates, and what we do with the waste, contribute to as much as one third of total greenhouse-gas emissions. Lappé exposes the interests resisting this crucial conversation while she educates and empowers readers and eaters committed to healing the planet.

### Praise for *Diet for a Hot Planet*:

"[An] important book ... When it comes to climate change, junk food may prove even more destructive than SUVs. Lappé's message is timely and empowering." -**Eric Schlosser, author of *FastFood Nation***

"Accessibly written, rationally argued and focused on action over rhetoric, the book will interest parents, foodies, economists, committed vegetarians, moral omnivores, environmentalists, health enthusiasts and anyone interested in actually doing something about climate change while government responses stagnate. An essential toolkit for readers looking for a pragmatic climate-response action plan of their own." -**Kirkus Reviews**

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### Editorial Review

#### From Publishers Weekly

Lappé, daughter of green food writer Frances Moore Lappé, evokes her mother's 1971 classic, *Diet for a Small Planet*, to critique industrial farming and its carbon costs and give her own updated, upbeat prescription for a climate-friendly food system. Chock-full of statistics, how-to lists, and stories from her wide-ranging investigative travels, Lappé's book proposes a farming method that is nature mentored, restorative, regenerative, resilient, and community empowered; and a diet to reduce carbon and cool the planet. Put plants on your plate, she advises; go organic, avoid packaging, eating out, and wasting food. Much of this will sound familiar to Michael Pollan's readers, and unfortunately, Lappé pales by comparison. Her stories tend to be shallow, unfinished, and sometimes marginally relevant, and her prose is sloppy. And although the book's message may have been ripe when Lappé began her research, extensive media coverage on the subject since may have put this book past its freshness date. (Apr.)

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#### From [Booklist](#)

\*Starred Review\* Frances Moore Lappé's *Diet for a Small Planet* (1971) launched an essential inquiry into the connections among food, justice, and ecology. She teamed up with her daughter, Anna, in another incisive overview, *Hope's Edge* (2002), and now Anna addresses the major role industrial agriculture plays in today's climate crisis. Responsibly researched and cogently articulated, Lappé's far-reaching investigation entails questioning scientists; attending UN, governmental, corporate, and grassroots agriculture conferences; plowing through daunting reports and studies, and, most pleasurable, visiting organic farms around the world. She gathers facts proving that global industrial agriculture—specifically the use of hazardous chemicals, concentrated animal feeding operations, biotech crops, and processed foods—is impoverishing the land, destroying rain forests, polluting waterways, and emitting nearly a third of the greenhouse gases that are heating the planet. In contrast, well-designed organic-farming techniques reduce carbon emissions and toxic waste while nurturing soil and biodiversity. Convinced that eating wisely is one way to influence the marketplace and, ultimately, help combat world hunger and climate change, Lappé decodes food labeling, dissects Big Ag's "greenwashing" tactics, and offers "seven principles of a climate-friendly diet" in an impeccable, informative, and inspiring contribution to the quest for environmental reform. --Donna Seaman

#### Review

"Accessibly written, rationally argued and focused on action over rhetoric, the book will interest parents, foodies, economists, committed vegetarians, moral omnivores, environmentalists, health enthusiasts and anyone interested in actually doing something about climate change while government responses stagnate. An essential toolkit for readers looking for a pragmatic climate-response action plan of their own." *?Kirkus*

"Responsibly researched and cogently articulated... an impeccable, informative, and inspiring contribution to the quest for environmental reform." *?Booklist (starred)*

"Anna Lappé's *Diet for a Hot Planet* does for the present generation what her mother's *Diet for a Small Planet* did for the last: empower us to think in a new way about how food affects our own health as well as that of the planet. Her inspiring book makes it clear that food choices matter to climate change and that each of us, voting with our forks, can make a real difference in ensuring a more sustainable food system. I want all

my students to read this powerful book.” ?*Marion Nestle, Professor of Nutrition, Food Studies, and Public Health, New York University, and author of What to Eat*

“Anna Lappé hits this hot topic straight on and she has a cool real food solution.” ?*Nina Planck, author of Real Food*

“In this tour-de-force, Anna Lappé provides readable, lively, and much-needed answers to question that all too few of us understand: how does our food affect the planet? By guiding us with a sure hand through the fog of claims-and-counterclaims around climate change and agriculture, she inoculates us from the corporate lies that stand between us and a just, sustainable, and delicious food system. Although this diet is easily gobbled in a single sitting, its lessons will stay with you for a lifetime.” ?*Raj Patel, author of The Value of Nothing and Stuffed and Starved*

“Nothing is more important than connecting the way we eat to global warming. After all, food is an everyday need for everyone. Anna Lappé shows us that eating with intention is our responsibility and our pleasure.”

?*Alice Waters*

“As Anna Lappé reveals in this important book, we must be conscious of what we eat--not only for our own health, but for the health of the planet. When it comes to climate change, junk food may prove even more destructive than S.U.Vs. Lappé's message is timely and empowering. Instead of waiting for politicians to do the right thing, we can make simple changes to our diet, enjoy it, and help change the world.” ?*Eric Schlosser, author of Fast Food Nation and Reefer Madness*

## Users Review

### From reader reviews:

#### **Christi Ross:**

This Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this guide incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This particular Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It without we comprehend teach the one who looking at it become critical in contemplating and analyzing. Don't always be worry Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It can bring whenever you are and not make your tote space or bookshelves' become full because you can have it within your lovely laptop even mobile phone. This Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It having good arrangement in word as well as layout, so you will not really feel uninterested in reading.

#### **Jean Ashburn:**

The book untitled Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It contain a lot of information on it. The writer explains the girl idea with easy way. The language is very clear to see all the people, so do not necessarily worry, you can easy to read this. The book was written by famous author. The author provides you in the new time of literary works. You can actually read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and

anytime. In a situation you wish to purchase the e-book, you can open up their official web-site in addition to order it. Have a nice read.

**Leah Pelton:**

In this period globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The book that recommended to you personally is Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It. This book consist a lot of the information on the condition of this world now. This specific book was represented how can the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The particular writer made some exploration when he makes this book. Honestly, that is why this book suited all of you.

**Albert Shepherd:**

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