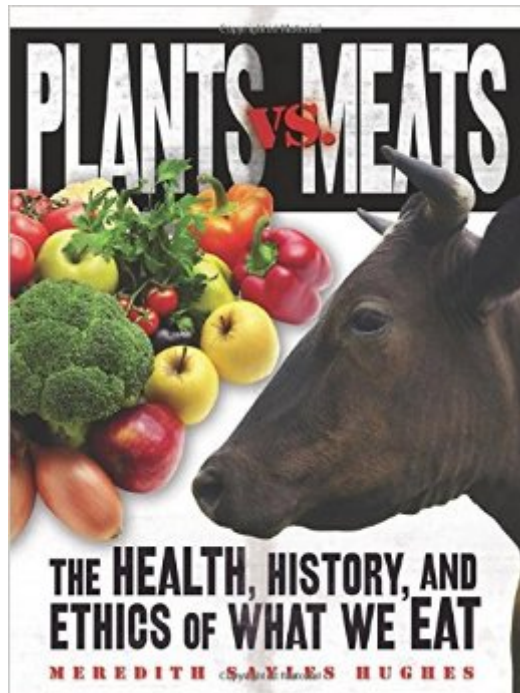


The book was found

# Plants Vs. Meats: The Health, History, And Ethics Of What We Eat



## Synopsis

No one can live without food, but what you eat is a personal decision. Today many people are examining nutritional advice and choosing to eat more vegetables and fruits and less meat. But is all meat bad for you? What does the science say? People also make food choices for ethical and religious reasons. Some vegetarians and vegans avoid meat because they believe killing animals is wrong. Other people shun meat from factory farms. Recently, more people are seeking out foods grown locally and organically. What do you choose to eat and why? This book will help you make decisions to support your values.

## Book Information

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## Customer Reviews

I thought I was going to throw this across the room when I came to the old song of "I became a vegetarian when I realized Harold the chicken had a personality," but I kept on just see what would happen. Hughes goes on to say that her family has since reversed and now eats more beef, etc., for health reasons. I like her writing not because she eats meat, but because she not only changes her position based on more information, she is totally OK with your making your own decisions. Do you want to be vegan? She's OK with that. But she also explains other food options, such as insects, being a localvore, and 3D printed food. (Yes, you read that right.) Hughes goes through food history and touches on such subjects as pesticides, organics, and gluten with respect for the fact that much of we eat is fashion, but works hard at providing science. Good source notes. Nice index and glossary. Good "further reading" section. And at 96 pages, it just barely makes it but will generally be acceptable for kids and teens doing homework.

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