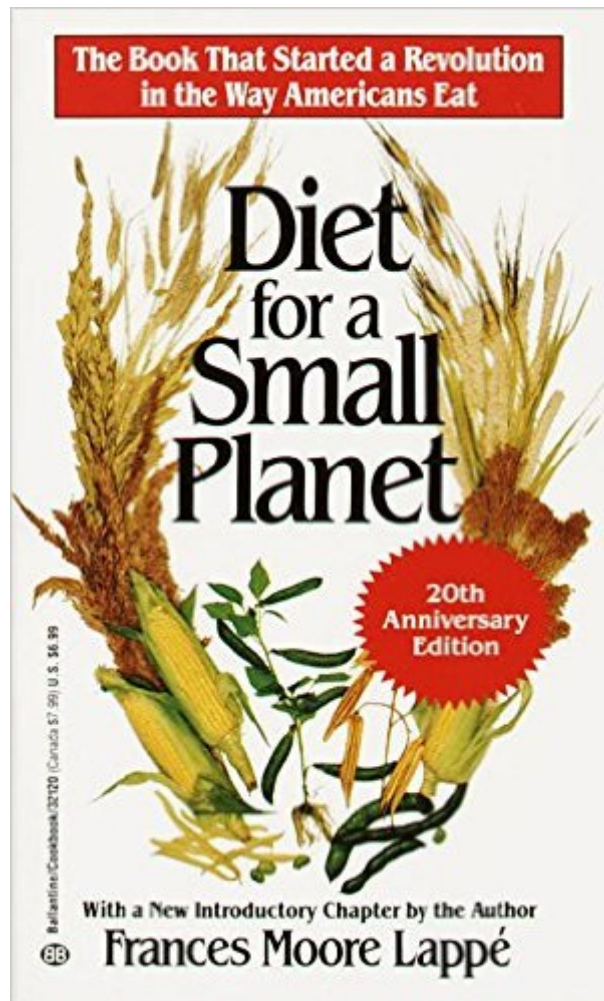


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# Diet For A Small Planet (20th Anniversary Edition)



## Synopsis

Here again is the extraordinary bestselling book that taught America the social and personal significance of a new way of eating-- one that remains a complete guide for eating well in the 90s. Featuring: simple rules for a healthy diet; a streamlined, easy-to-use format; delicious food combinations of protein-rich meals without meat; hundreds of wonderful recipes, and much more.

## Book Information

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (122 customer reviews)

Best Sellers Rank: #49,193 in Books (See Top 100 in Books) #59 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #77 inÂ Books > Cookbooks, Food & Wine > Cooking Education & Reference > Essays #90 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Like so many applied chemistry students in the 1970s, Diet for a Small Planet was among the books that made chemistry 'alive'. It brought our classroom abstractions to the kitchen table. Lappe's writing is persuasive and readable and her recipes are simple and affordable enough for a student's skill & budget. Much of the controversy of this book arose regarding its 2 main points. 1) When proteins are assimilated or metabolized as a 'complete protein' containing all amino acids in proper proportions, there is a high 'protein utilization' by enzymes / human digestive system. (see note, this was researched and refuted in 1981) 2) The 'food chain' pyramid of feed grains to animal meat has about a 10% net protein efficiency. That is, you get 10 times more protein eating corn & beans vs. eating beef or red meat protein. Lappe's contention that we could feed many of the world's malnourished if we in rich nations were vegetarians or used meats as seasoning rather than entrees may be a scientific & nutritional ideal. The bad news is that it is as difficult to change traditional patterns of food consumption as it is to change religion or culture. The good news is 'protein complementarity or not', combos of legumes and grains have for centuries been the traditional

pattern of food consumption by the poor in most of Latin America & Asia. whether eaten as a meal or not, the 'survival value' of these protein-rich combos made them the 'fittest' for the environment so they became traditions. For similar food chem books, try Harold McGee or especially Shirley Corriher's classic 'Cookwise'. Note from Wikipedia: 'In fact, the original source of the theory, Frances Moore Lappé, changed her position on protein combining.'

In the early 1970s, I left my abusive husband, took my three kids and resumed my education (I was a high school dropout age 28 with three kids). Those were the days of "Earth shoes" that tilted your body into a more upright position, and the "discovery" of yogurt and acid rain. Although I did not realize it at the time, it was the beginning of the renewal of the Woman's movement. My new friends included a small group of women in their late twenties and early thirties who had left abusive husbands, had small children, and were in the midst of gaining a new awareness that later on took on the sobriquet, "consciousness raising." Among other tools we acquired a number of books including, THE WOMEN'S ROOM and DIET FOR A SMALL PLANET. DIET FOR A SMALL PLANET is a gem, not because it contains wonderful recipes (it doesn't) but because when you read it, you can get an inside view of a subculture that has disappeared. Sometimes I think the happiest moments of my life occurred in those days. I had no money, but I was in college--a life long dream my mother had and never realized--and with friends who helped me to feel good about myself for the first time in my life. DIET FOR A SMALL PLANET nourished this feeling. DIET explained how the real food chain worked and that everything we ate affected some other life form. We learned that we could eat and hurt others less, and save a few bucks because the meals were cheap. My kids still laugh at some of the meals I served them based on the recipes in DIET. Over the years, we've had many discussions about which food was worst. They say the "yogurt and barley soup" wins hands down. This book explains how to make awful food and many better veggie books are on the market.

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