



# 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*

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#### William Keller:

The book Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It make you feel enjoy for your spare time. You can use to make your capable a lot more increase. Book can for being your best friend when you getting pressure or having big problem along with your subject. If you can make studying a book Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It to become your habit, you can get much more advantages, like add your own capable, increase your knowledge about many or all subjects. You are able to know everything if you like start and read a reserve Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It. Kinds of book are a lot of. It means that, science publication or encyclopedia or some others. So , how do you think about this e-book?

#### Keith Dunn:

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