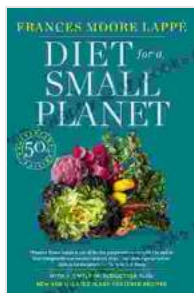


Diet for a Small Planet, Revised and Updated: A Comprehensive Guide to Health, Sustainability, and the Future of Food



Diet for a Small Planet (Revised and Updated)

by Frances Moore Lappé

★★★★☆ 4.6 out of 5

Language	: English
File size	: 8148 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 448 pages



Diet for a Small Planet, first published in 1971, is a groundbreaking book that has had a profound impact on the way we think about food. Written by Frances Moore Lappé, the book explores the intersection of nutrition, sustainability, and the future of food. It argues that a plant-based diet is not only healthier for humans but also more sustainable for the planet.

The revised and updated edition of **Diet for a Small Planet**, published in 2017, takes into account the latest research on nutrition and sustainability. It also addresses the challenges and opportunities of feeding a growing global population in the face of climate change.

Key Principles of Diet for a Small Planet

The key principles of **Diet for a Small Planet** are as follows:

- **Eat a plant-based diet.** Plant-based diets are healthier for humans than diets that include animal products. They are also more sustainable for the planet, as they require less land, water, and energy to produce.
- **Reduce food waste.** Food waste is a major problem that contributes to hunger and environmental degradation. We can all do our part to reduce food waste by planning our meals carefully, storing food properly, and composting food scraps.
- **Support sustainable agriculture.** Sustainable agriculture is a way of farming that does not damage the environment or deplete natural resources. We can support sustainable agriculture by buying food from local farmers, choosing organic food, and growing our own food.
- **Be mindful of our food choices.** The choices we make about food have a ripple effect that can impact the environment, our health, and the lives of others. We should all be mindful of our food choices and make decisions that are in line with our values.

The Impact of Diet for a Small Planet

Diet for a Small Planet has had a major impact on the way we think about food. It has helped to raise awareness of the environmental and health benefits of plant-based diets. It has also inspired people to make changes in their own eating habits and to support sustainable agriculture.

The book has been translated into more than 30 languages and has sold more than 3 million copies worldwide. It has been credited with helping to

launch the modern vegetarian movement and inspiring a generation of food activists.

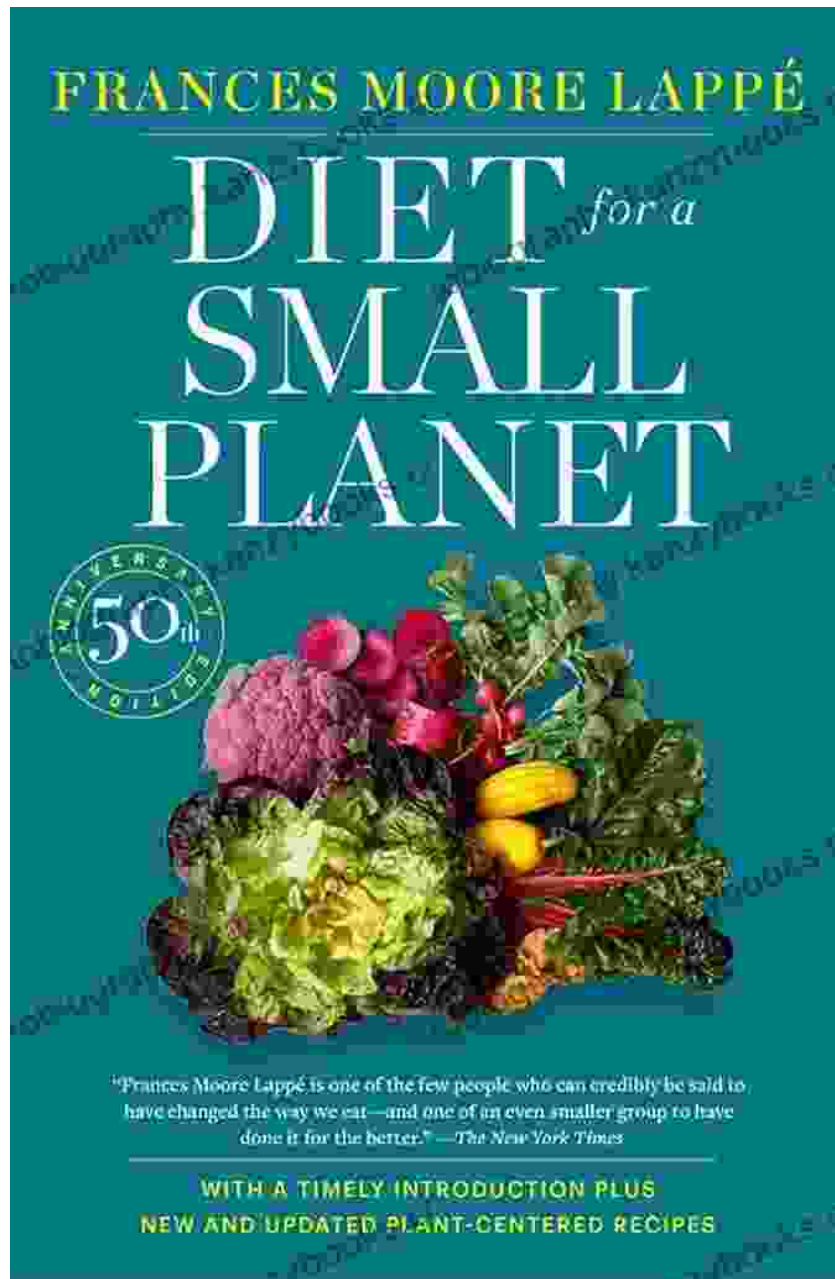
The Future of Food

The revised and updated edition of **Diet for a Small Planet** addresses the challenges and opportunities of feeding a growing global population in the face of climate change. Lappé argues that we need to make a transition to a more sustainable food system that is based on plant-based diets and sustainable agriculture.

The future of food is in our hands. We can all make choices that help to create a more just, sustainable, and healthy food system for all.

Diet for a Small Planet is an essential guide to the future of food. It is a must-read for anyone who is interested in nutrition, sustainability, and the future of our planet.

To learn more about **Diet for a Small Planet**, visit the official website:
<https://dietforasmallplanet.org/>



About Frances Moore Lappé

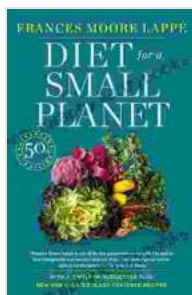
Frances Moore Lappé is an American author, lecturer, and activist. She is best known for her book **Diet for a Small Planet**, which was first published in 1971. Lappé is a leading advocate for sustainable agriculture and food security. She has written extensively about the impact of our food choices on the environment, our health, and the lives of others.

Lappé is the co-founder of the Institute for Food and Development Policy, a nonprofit organization that works to promote sustainable food systems. She is also a member of the board of directors of the Worldwatch Institute, a global environmental research organization.

Lappé has received numerous awards for her work, including the Right Livelihood Award, the United Nations Environment Programme's Global 500 Award, and the James Beard Foundation's Lifetime Achievement Award.

Additional Resources

- Diet for a Small Planet website
- Worldwatch Institute profile of Frances Moore Lappé
- Right Livelihood Award profile of Frances Moore Lappé



Diet for a Small Planet (Revised and Updated)

by Frances Moore Lappé

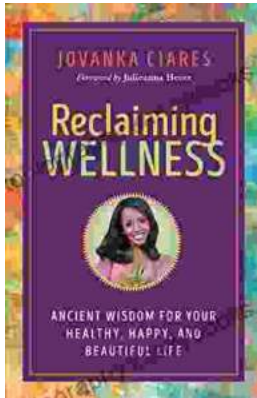
★★★★☆ 4.6 out of 5

Language : English
File size : 8148 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 448 pages

FREE

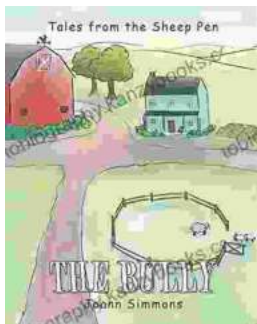
DOWNLOAD E-BOOK





Ancient Wisdom for Your Healthy, Happy, and Beautiful Life

In our fast-paced modern world, it can be easy to lose sight of the simple yet profound principles that have guided humans for centuries. The book, "Ancient Wisdom for Your...



The Bully Tales From The Sheep Pen: A Must-Read for Anyone Who Has Ever Been Bullied

Bullying is a serious problem that affects millions of people every year. It can take many forms, from physical violence to verbal abuse to social...