



Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth Second Edition

John Robbins

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From John Robbins, a new edition of the classic that awakened the conscience of a nation. Since the 1987 publication of *Diet for a New America*, beef consumption in the United States has fallen a remarkable 19%. While many forces are contributing to this dramatic shift in our habits, *Diet for a New America* is considered to be one of the most important. *Diet for a New America* is a startling examination of the food we currently buy and eat in the United States, and the astounding moral, economic, and emotional price we pay for it. In Section I, John Robbins takes an extraordinary look at our dependence on animals for food and the inhumane conditions under which these animals are raised. It becomes clear that the price we pay for our eating habits is measured in the suffering of animals, a suffering so extreme and needless that it disrupts our very place in the web of life.

Section II challenges the belief that consuming meat is a requirement for health by pointing out the vastly increased rate of disease caused by pesticides, hormones, additives, and other chemicals now a routine part of our food production. The author shows us that the high health risk is unnecessary, and that the production, preparation, and consumption of food can once again be a healthy process.

In Section III, Robbins looks at the global implications of a meat-based diet and concludes that the consumption of the resources necessary to produce meat is a major factor in our ecological crisis.

Diet for a New America is the single most eloquent argument for a vegetarian lifestyle ever published. Eloquently, evocatively, and entertainingly written, it is a can't put down book guaranteed to amaze, infuriate, but ultimately educate and empower the reader. A pivotal book nominated for the Pulitzer Prize for Non-Fiction in 1987.

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