



# We the Eaters: If We Change Dinner, We Can Change the World

*Ellen Gustafson*

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The implausible truth: Over one billion people in the world are hungry and over one billion are overweight. Far from complete opposites, hunger and obesity are in fact different manifestations of the same problem: It's increasingly difficult to find and eat nutritious food. By examining the global industrial food system using the deceptively simple template of a classic American dinner, *We the Eaters* not only outlines the root causes of this bizarre and troubling dichotomy but also provides a blueprint of actionable solutions? solutions that could start with changing out just a single item on your plate.

From your burger to your soda, Gustafson unpacks how even the hyperlocal can cause worldwide ripples. For instance: American agricultural policy promoting corn and soybeans in beef farming means we feed more to cows than to hungry people. This is compounded by the environmental cost of factory livestock farming, rising obesity rates, and the false economics of unhealthfully high meat consumption.

The answer? Eat a hamburger? just make it a smaller, sustainably raised, grass-fed one. Gustafson? a young entrepreneur, foreign policy expert, and food policy advocate? delivers a wake-up call that will inspire even the most passive reader to take action. We can love our food and our country while being better stewards of our system and our health. *We the Eaters* is othing short of a manifesto: If we change dinner, we really can change the world.

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#### **Sally Rose:**

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read a new book. It is really fun for you. If you enjoy the book that you just read you can spent the entire day to reading a book. The book We the Eaters: If We Change Dinner, We Can Change the World it doesn't matter what good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy typically the e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book offers high quality.

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