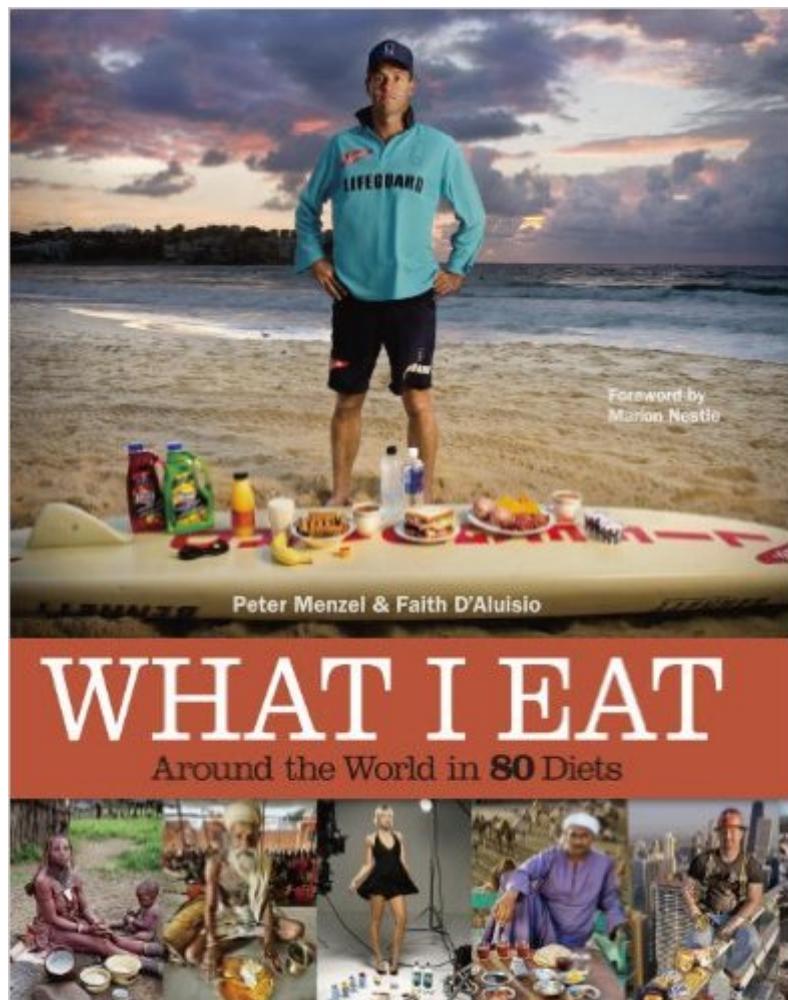


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What I Eat: Around The World In 80 Diets



Synopsis

A stunning photographic collection featuring portraits of 80 people from 30 countries and the food they eat in one day. In this fascinating study of people and their diets, 80 profiles are organized by the total number of calories each person puts away in a day. Featuring a Japanese sumo wrestler, a Massai herdswoman, world-renowned Spanish chef Ferran Adria, an American competitive eater, and more, these compulsively readable personal stories also include demographic particulars, including age, activity level, height, and weight. Essays from Harvard primatologist Richard Wrangham, journalist Michael Pollan, and others discuss the implications of our modern diets for our health and for the planet. This compelling blend of photography and investigative reportage expands our understanding of the complex relationships among individuals, culture, and food.

Book Information

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Customer Reviews

The preface of this book should contain the following warning: You are about to get very jealous... and maybe a little hungry (depending upon what page you're on). Over the 5-year evolving project that led to "What I Eat", Menzel and D'Aluisio traveled to 30 countries and discovered the culture of many different people through the foods each one ate - and shared some meals of their own as well. The journey sounds amazing, and lucky for us, it looks and reads that way too. The stunning photographs and well-written prose lift us out of our own kitchen and deposit us into those of a Spanish bullfighter, Iranian bread baker, Namibian diamond polisher, American farmer, Sumo wrestler, and Inuit Carver, to name a few. Photographs of each of the 80 individuals profiled are

shown with a day's worth of food; each item eaten is listed; and the Caloric intake for that particular day is displayed. Additional information is given about the person, including their trade or profession, age, height, weight, where they live, and details about how they live their life. The Caloric intakes range from 800 to 12,300, the latter being the intake of a binge-eater, and their weights range from under 100 lbs to well over 400. Surprisingly though, lower weights don't always match with a lower Caloric intake, and vice versa, as one would assume. This is probably due to many factors--differences in daily activity levels, the climate in which one lives, the types of foods being eaten, and most importantly--the fact that these calorie counts are only a moment in time, and not necessarily representative of what the subjects consume every day.

"What I Eat" should be a seriously studied and evaluated work in any discussion of American eating habits, diet and weight loss and/or nutrition. So much of what we read and are "recommended" is regurgitated drivel -- "folk" wisdom, new age philosophy, scolding, wish fulfillment -- that it is nearly impossible for a thoughtful person wanting to eat a healthy diet to come up with one. If it contains the "right foods" by the theories of one pundit, then it utterly violates the theories of another. Diet advice goes in and out of style like hemlines or heel heights.Indeed, I was not very hopeful about this book in the first pages, which contain a lot of quotes by such pundits, leaning heavily towards vegetarians, vegans, crackpots ("The China Study") and diet gurus. But then it got into the meat of the text, and the wonderful and fascinating photography from the farthest corners of the world (and your neighborhood next door) and the book really hit its stride. The biggest and most profound thing I took away from this book is despite the text commentary from "the usual so-called health experts", the typical human being interviewed and photographed eats more -- WAY WAY more -- than is recommended by typical experts. Only one participant (a nomadic herder, the first entry) had a diet of under 800 calories, and frankly that individual appeared next to starvation. (NOTE: no real attempt appears to have been made, beyond a simple visual assessment, of whether the subjects were healthy on their diets, only what the diet consisted of.)Of the subjects who ate less than 2000 calories a day (what most diet book recommend for anyone except a very large athletic male), THREE are morbidly obese and on "diets" -- diets that clearly are not working, as they are still obese.

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