

## Diet For A Small Planet Frances Moore Lappe

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### Diet For A Small Planet

Beginning with the three-million copy Diet for a Small Planet in 1971, her books include Democracy's Edge, Getting a Grip (in two editions), EcoMind, and World Hunger: 10 Myths. From the Inside Flap

### Diet for a Small Planet (20th Anniversary Edition): Lappe ...

Diet for a Small Planet: 20th Anniversary Edition. By Frances Moore Lappé Here again is the extraordinary bestselling book that taught America the social and personal significance of a new way of eating—one that remains a complete guide for eating well in the new millennium.

### Diet for a Small Planet | Small Planet Institute

Diet for a Small Planet is a 1971 bestselling book by Frances Moore Lappé, the first major book to note the environmental impact of meat production as wasteful and a contributor to global food scarcity. She argued for environmental vegetarianism—practicing a vegetarian lifestyle out of concerns over animal-based industries and the production of animal-based products.

### Diet for a Small Planet - Wikipedia

The Diet for a Small Planet features: • simple rules for a healthy diet • streamlined, easy-to-use format • food combinations that make delicious, protein-rich meals without meat • indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks • hundreds of wonderful recipes

### Diet for a Small Planet by Frances Moore Lappe, Marika ...

Frances Moore Lappé originally published Diet for a Small Planet in 1971, and twenty years later, republished it with additional/updated information and clarified statements. Apparently she got some flack for being “too political,” but I think that’s kind of the point she was getting at with this book: choosing where and what you eat is a political act.

### Diet for a Small Planet by Frances Moore Lappé

About Diet for a Small Planet. The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty-first century.

### Diet for a Small Planet by Frances Moore Lappe ...

Diet for a Small Planet 1982 Hippie lifestyles of the 1960s encouraged Americans to think vegetarian in the late 20th century. This cookbook, first published in 1971, gave tips for cooking with non-meat protein-rich foods like grains, beans and peanuts instead of meat.

### Diet for a Small Planet Cookbook - The Henry Ford

Whenever people ask me about how veganism got to where it is today, my well-rehearsed speech begins, “In 1971, Frances Moore Lappé’s Diet for a Small Planet was released...” What became a ...

### ‘Diet for a Small Planet’ Still Has Something to Teach ...

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### Frances Moore Lappe: Diet for a Small Planet

3-million copy Diet for a Small Planet, is a “frame-changer.” A recipient of 19 honorary doctorates, Lappé is cofounder of the Small Planet Institute and two other national organizations. She publishes and speaks widely, calling us to rethink our challenges in ways that empower action.

### Small Planet Institute, Cambridge, MA

Diet for a Small Planet (20th Anniversary Edition): The Book That Started a Revolution in the Way Americans Eat Kindle Edition by Frances Moore Lappe (Author)

### Diet for a Small Planet (20th Anniversary Edition): The ...

162 / Diet for a Small Planet Revisited people could thrive on a nonmeat or low-meat diet. Today, few dispute that people can thrive on this kind of diet. In fact, more and more health professionals are actually advo- cating less meat precisely for health reasons, reasons I dis- cussed in "America's Experimental Diet."

### Diet for Small Planet - Oakland University

The Diet for a Small Planet features: • simple rules for a healthy diet • streamlined, easy-to-use format • food combinations that make delicious, protein-rich meals without meat • indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks • hundreds of wonderful recipes

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### Diet for a Small Planet | Eat Your Books

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### Recipes for a Small Planet by Ellen Buchman Ewald

The “incomplete protein” myth was inadvertently promoted and popularized in the 1971 book, Diet for a Small Planet, by Frances Moore Lappé. In it, the author stated that plant foods are deficient in some of the essential amino acids, so in order to be a healthy vegetarian, you needed to eat a combination of certain plant foods at the same time in order to get all of the essential amino acids in the right amounts.

### The Myth of Complementary Protein Explained | Forks Over ...

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Author Notes. Make a richly flavored lentil soup from nothing (and then tip in sherry, for kicks). Adapted slightly from Diet For a Small Planet (Ballantine Books, 1991). —Genius Recipes