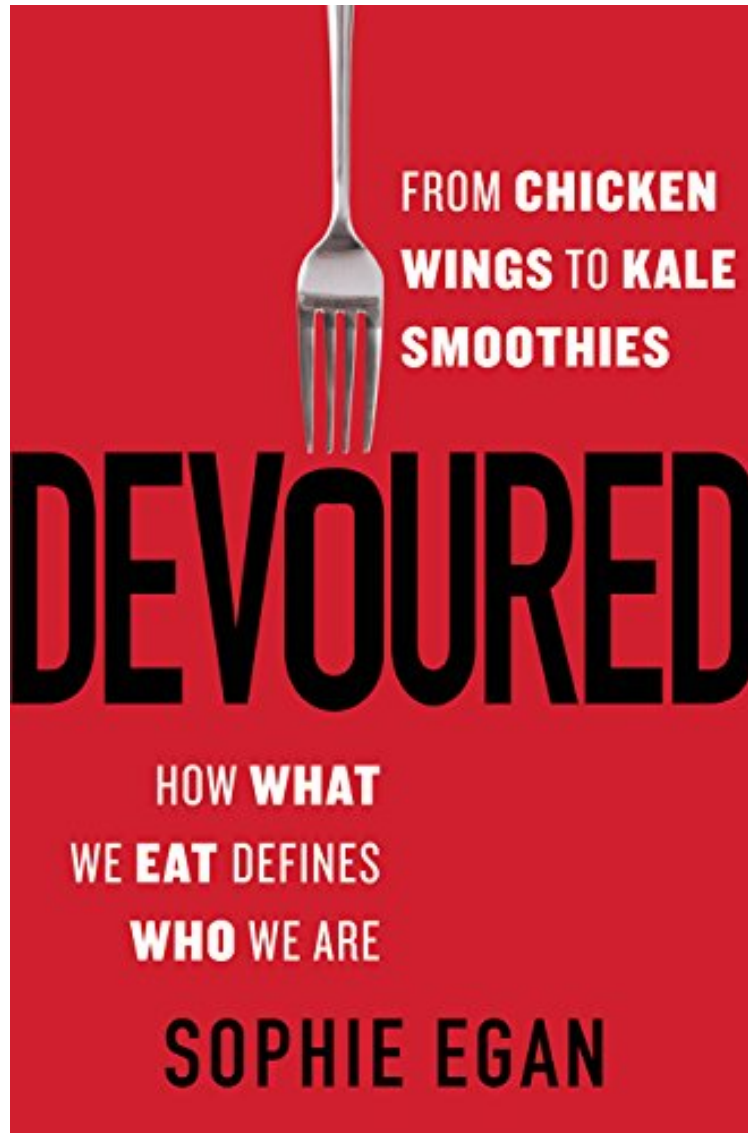


[Ebook free] Devoured: From Chicken Wings to Kale Smoothies--How What We Eat Defines Who We Are

Devoured: From Chicken Wings to Kale Smoothies--How What We Eat Defines Who We Are

Sophie Egan

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Sophie Egan : Devoured: From Chicken Wings to Kale Smoothies--How What We Eat Defines Who We Are before purchasing it in order to gauge whether or not it would be worth my time, and all praised Devoured: From Chicken Wings to Kale Smoothies--How What We Eat Defines Who We Are:

5 of 5 people found the following review helpful. "WHAT We EAT Defines WHO We Are" is, definitively, by B. Helton "Devoured" is worth devouring, although Sophie Egan's answer to her book's subtitle, "How WHAT We EAT Defines WHO We Are" is, at times, uneven. That's understandable as this is a first book and one that explores a complex topic. Bottom-line: it's an entertaining, informative, and above all, thought-provocative book. "Devoured" is well-researched and worthy of copious note-taking. Highlights follow, including Egan's delicious proclivity for using or coining a new word or phrase to better explain or frame up what already exists in America's ever-evolving eating behaviors. Table of Contents: Yes, read the teaser blurbs such as 40% skip breakfast while 40% of us also eat lunch at our desks. Introduction: The American Food Psyche; focuses on THE why we eat the way we do (convenience, health, novelty, personalization, and more) as it also slices into America's food culture. Chapter 1: The Muddle of the Modern Meal; is driven by our desire for convenience. Egan's spin is jarring in "How we define 'what's' is a meal and 'when' is a meal," including how people are often assembling snack foods to collectively equal "a meal" (or on many mornings, what's called a snackfast). Chapter 2: Food at Work; Said simply, many of us all but live at work so we're eating more at work, yet just one in five workers in North America takes regular lunch breaks away from their desks. Office microwaves rarely idle for long as they've changed everything, including the selection for unscrupulous fridge thievery. Chapter 3: Having It Our Way; Think personalized and individualized eating, including "cheffing" your directed restaurant order. Americans spend less time eating: 74 minutes a day, or 27 minutes less than the average in other OECD countries. Chapter 4: Selling Absence; We're too often purchasing a food not because of healthy ingredients, but rather because of what it lacks, what's missing. It's easier to reduce health to the absence of one nutrient or food like zero trans fat or gluten-free. Other key ideas: food "averaging bias" and "additivity dominance" (our tendency to perceive a food as less "natural" if something is added to it than if something is removed from it). Chapter 5: Secular Church; Weekdays are for deprivation and weekends for indulgence, writes Egan. Brunch is examined and cross-examined. "You don't eat brunch. You do brunch." This chapter will be of more interest to the millennial generation and near-in urbanites. Chapter 6: Diet Evangelism; A well-stocked table filled with interesting facts and insights around "eating season" as well as dietary patterns and dietary zealotry. Chapter 7: The Democratization of Wine; A free tasting filled with "listical" factoids plus numerous insights that, unfortunately, have an uneven effect in spite of a great Trader Joe's story. Chapter 8: The Age of Stunt Food; An exceptional chapter! "Are they fast food? Of course. Junk food? Absolutely. Concoctions that are so absurdly, unabashedly decadent create the need for a new category: Stunt Foods." Egan wrote a September, 2013 "Wired" article that neatly summarizes the concept featuring Taco Bell's Doritos Locos Taco, or the DLT. Chapter 9: Cheeseocalypse; The Super Bowl "dip season" when finger foods rule the day and Americans consume 1.25 billion chicken wings during what's also the second-biggest weekend for grilling outside. It's a non-holiday holiday, examined by Egan's grilling of how we eat following a totally different set of rules and norms when holiday eating or scarfing down a limited-time offer like caramel apple Oreos. Chapter 10: The Story of Spaghetti; plus the nostalgic influence of foods. It's an uneven chapter explaining America's unstable food culture that, remarkably, could also grow into a book itself. Chapter 11: What to Make of All of This; "We're just making this up as we go" what's healthy, what's good, what we define as socially reasonable or not. Egan's solution in a dozen words: "Work less and savor more. Make it real and stir the pot." It's a recipe that needs more time to simmer and possibly a future revisiting. I think arriving at a set of solutions may be a step too far in a first book; at least for high-expectation readers. Other notable highlights include quotes from numerous food expert interviewees, a great glossary, and excellent explanatory source notes. Egan's "Devoured" is a daunting one for which she deserves special praise. It's a read you'll be chewing on especially during the holidays. 1 of 1 people found the following review helpful. I expected more from the title. By Richard McFaul The title sounded intriguing. In the end, I found the book not holding my attention. Perhaps as a medical professional, I expected more science. The history of wine, pasta and pizza I found interesting but the focus on Super Bowl did not deserve the space it received in this book as it was reviewing what everyone already knows. 1 of 1 people found the following review helpful. Very well written. By Robert A. Smiley Well written book from an obviously very knowledgeable person about available food. She doesn't give any advice but just the facts and lets the reader decide about what they can buy or eat. Humorous throughout.

A provocative look at how and what Americans eat and why—a flavorful blend of The Omnivore's Dilemma, Salt Sugar Fat, and Freakonomics that reveals how the way we live shapes the way we eat. Food writer and Culinary Institute of America program director Sophie Egan takes readers on an eye-opening journey through the American food psyche, examining the connections between the values that define our national character—work, freedom, and progress—and our eating habits, the good and the bad. Egan explores why these values make for such an unstable, and often unhealthy, food culture and, paradoxically, why they also make America's cuisine so

great. Egan raises a host of intriguing questions: Why does McDonald's have 107 items on its menu? Why are breakfast sandwiches, protein bars, and gluten-free anything so popular? Will bland, soulless meal replacements like Soylent revolutionize our definition of a meal? The search for answers takes her across the culinary landscape, from the prioritization of convenience over health to the unintended consequences of "perks" like free meals for employees; from the American obsession with "having it our way" to the surge of Starbucks, Chipotle, and other chains individualizing the eating experience; from high culture—artisan and organic and what exactly "natural" means—to low culture—the sale of 100 million Taco Bell Doritos Locos Tacos in ten weeks. She also looks at how America's cuisine—like the nation itself—has been shaped by diverse influences from across the globe. Devoured weaves together insights from the fields of psychology, anthropology, food science, and behavioral economics as well as myriad examples from daily life to create a powerful and unique look at food in America.

"Filled with fascinating facts, many of which will come as a surprise to the reader. ... Breezy, irreverent, often quite funny, Devoured nonetheless has a serious message." (Barron's) "An engaging anthropological guide to our country's obsession with Pumpkin Spice Lattes and affection for Two Buck Chuck. ... Reads more like a bonbon-studded TED talk than an eat-your-spinach slog." (Seattle Times) "Devoured is a well-researched and fascinating exploration of what we eat, how we eat and why. It is only with this understanding of our food culture that we stand a chance of improving our food system. Devoured is a great contribution to this endeavor." (Sam Kass, Senior Food Analyst for NBC News and former White House Senior Policy Advisor for Nutrition) "Reading [Devoured] could change the way you eat." (San Jose Mercury News) "A wild and witty romp through the zaniness that infuses today's American culture of food." (Michael Moss, author of the New York Times bestseller Salt Sugar Fat) "This book is for anyone who eats food (even if it's Soylent). It's a fun and thought-provoking tour of the bizarre stuff we now consume. You won't look at your dinner -- or lunch, breakfast, snack, or whatever Doritos Locos Taco is -- the same way again." (New York Times bestselling author A.J. Jacobs) "Engrossing. ... Well-written. ... Combines insights from behavioral economics, food science, psychology, and Egan's personal observations." (Publishers Weekly) "Entertaining... Humorous... An informative look at what Americans eat for breakfast, lunch, dinner, and all those snack times in between and how our eating habits are changing who we are." (Kirkus) "Well-researched, fascinating and witty." (Shelf Awareness) "Using relatable examples, anecdotes, and convincing research, [Egan] highlights what characterizes our country's approach to food and makes it unique." (Bustle) "A must read about how our behaviors influence our diets and vice versa." (Rachel Berman, RD, CDN, Head of Content for Verywell) From the Back Cover Forty percent of North American workers eat lunch at their desks. Each year Americans spend more than \$20 billion trying to lose weight. The average American supermarket contains 42,214 items. How do the values that define our national character—work, freedom, and progress—shape our eating habits, the good and the bad? This is the question that Sophie Egan, food writer and Culinary Institute of America program director, addresses in her provocative, eye-opening book, Devoured. There are 2,000 different kinds of snack bars on the market. On Super Bowl Sunday, Americans consume 1.25 billion chicken wings. "Gluten-free" is a multibillion-dollar industry. In Devoured, Egan holds a mirror up to daily life, revealing the deeper meaning behind our food choices: from the prioritization of convenience over health to the ways food at work affects our happiness; from the American obsession with "having it our way" at Starbucks, Chipotle and other chains that individualize the eating experience to the fascinating dynamic between highbrow—artisan this and small-batch that—and the lowbrow, such as Taco Bell's sale of 100 million Doritos Locos Tacos in just ten weeks. She also looks at how America's cuisine—like the nation itself—has been shaped by diverse influences from across the globe. Three-quarters of American households always have at least one carton of ice cream in their freezers. Only 26 percent of Americans eat breakfast every day. Nine in ten American households have microwave ovens. Everybody eats—making it an activity ripe for examining our beliefs and motivations, our needs and desires. In Devoured, Sophie Egan weaves together insights from the fields of psychology, anthropology, food science, marketing, and behavioral economics and takes us from the workplace to the home kitchen, from the grocery aisles to fast-food counters, zeroing in on our relationships with meals and snacks, food labels and marketing stunts. Devoured is not only enormously entertaining; it's also an insightful commentary about who Americans are today. Praise for Devoured "This book is for anyone who eats food (even if it's Soylent). It's a fun and thought-provoking tour of the bizarre stuff we now consume. You won't look at your dinner—or lunch, breakfast, snack, and whatever Doritos Locos Tacos is—the same way again." —A.J. Jacobs, New York Times bestselling author "A wild and witty romp through the zaniness that infuses today's American culture of food." —Michael Moss, author of the New York Times bestseller Salt Sugar Fat: How the Food Giants Hooked Us "Devoured is a well-researched and fascinating exploration of what we eat, how we eat, and why. It is only with this understanding of our food culture that we stand a chance of improving our food system. Devoured is a great contribution to this

endeavor. rdquo; mdash; Sam Kass, Senior Food Analyst for NBC News and former White House Senior Policy Advisor for Nutrition About the Author Sophie Egan is the Director of Health and Sustainability Leadership and Editorial Director at The Culinary Institute of America. Based in San Francisco, Sophie is a contributor to The New York Times' Well blog, and has written about food and health for Time, The Wall Street Journal, The Washington Post, Bon Appetit, WIRED, and Sunset magazine, where she worked on The Sunset Cookbook and The One-Block Feast book. She holds a master of public health from the University of California, Berkeley, with a focus on health and social behavior, and a bachelor of arts with honors in history from Stanford University. In 2016, she was named one of the UC Global Food Initiatives' s 30 Under 30.