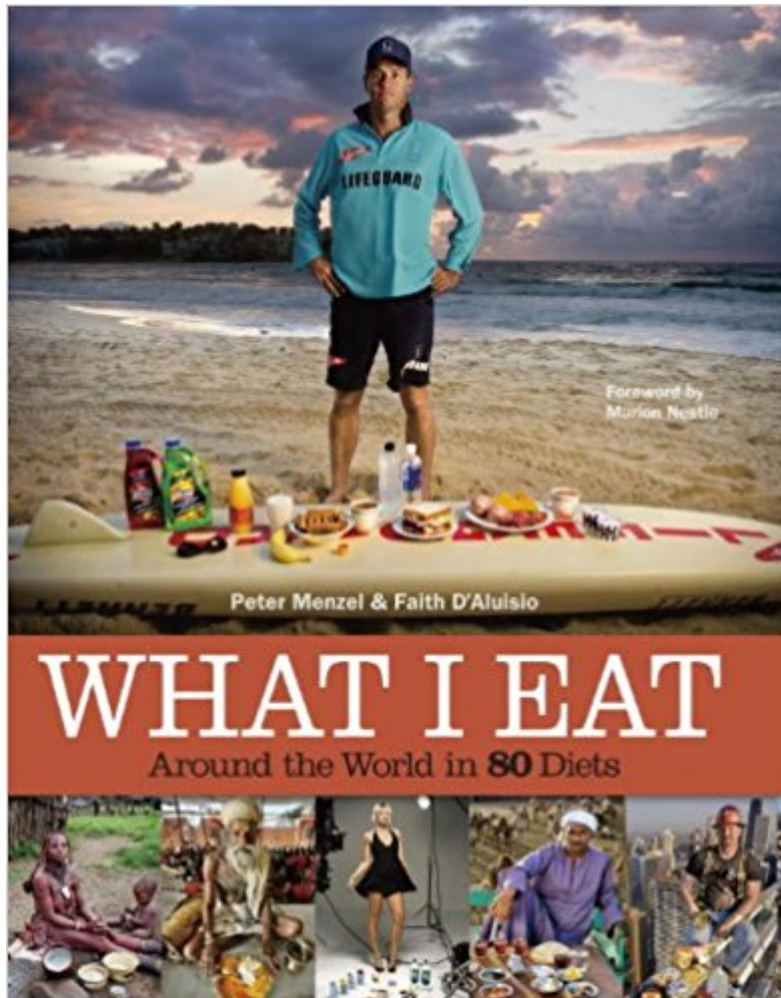




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# What I Eat: Around The World In 80 Diets



## 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 herdsman, 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

“For the compelling illustrations, the informative dietary descriptions, or the insight between the stories, this book is a must-read for anyone looking for a better knowledge base of what the world eats--and why. Today’s Dietitian, 1/1/11  
fascinating. A sequel to their equally compelling Hungry Planet. You’ll find it impossible to not compare the subjects’ daily diets with your own. Don’t be surprised if you find yourself wanting to recreate your day’s meals, photograph them and weigh them, just to find out into which chapter you might fall. World Ark, Holiday 2010  
“a stunning portrait of the excess, the

moderation, and the want that exists today. ...I keep coming back to this book. I read it on my own, taking in the stories of these normal people. I read it with my kids and even with my three-year-old and they pore over the photographs, studying the details, looking for similarities between their lives and those of the kids captured by the lens. And it's this opportunity to measure your food, your life, with the rest of the world that is profound.

The Atlantic's Food Channel, Top Food Books of 2010, 12/17/10 "a panoramic, provocative window onto 80 different lives and cultures. The resulting images and revelations are serious food for thought.

Parade, 12/12/10 "Bet you can't read only one page of this fascinating collection.... This husband-wife duo has produced several thought-provoking books. ...This time they address the remarkable diversity of dining worldwide and person by person.

Minneapolis Star Tribune, 12/8/10 "The book no one in your family will be willing to put down.

AOL Slashfood, 12/7/10 "detailed, gorgeous photographs.... enriching, even riveting.

Washington Post, 12/2/10 "perhaps the most interesting food-travel book is neither of those, exactly. "What I Eat" is a brilliant look at what and how the world eats.

Minneapolis Star Tribune, Best Travel Books of 2010, 11/28/10 "this smart, glowing book sends readers Around the World in 80 Diets. Each subject poses with a day's worth of food and at least a page worth of insight in the life being led, and fed. The variety is boggling.... Fascinating, with a Wendell Berry essay for dessert.

Cleveland Plain Dealer, 11/21/10 "A fascinating, insightful look at what 80 people around the world eat in a typical day.

Publishers Weekly, The Best Cookbooks of 2010: Winner of Most Fascinating Food Book, 11/8/10 "The photographer/writer team behind Hungry Planet continues its engrossing examination of everyday life.

Mother Jones, Oct 2010 "What I Eat offers a view we seldom see, or even think to see. In this case the view is what a day's worth of food looks like in myriad walks of life, from people dwelling in countries all over the world. The foods and their lives are vividly described. Together, words and images offer a rich, reflective, and sobering study of our fellow dwellers and eaters on this planet.

Deborah Madison, Culinate.com, 10/8/10 "When was the last time you received a new book, opened it up, and literally didn't stop looking for two hours? That happened to me recently with What I Eat, the latest creation of Peter Menzel and Faith D'Aluisio, who also produced another book I treasure, Hungry Planet. ...a kaleidoscope of faces and settings and...diets. It makes for good reading but also good discussion. ...A book

to savor. [Culinate.com](#) (book giveaway) "What I Eat" does not judge. It simply presents. Images of healthy people and catastrophically unhealthy people • you can't get them out of your head. Somehow, without instructing you to think harder about the choices you make when you eat, this book makes you do exactly that. The reason: You wonder what your own portrait would look like. [Esquire](#), September 2010 "Photographer Peter Menzel and writer Faith D'Aluisio have produced a visual encyclopedia. ...What I Eat doesn't treat its subjects like docu-drama puppet figures. Instead, Menzel and D'Aluisio make their points gently • by taking readers inside the lives of the people whose diets they document. [Energy Times](#), September 2010 "In their new and even more ambitious What I Eat, Menzel and D'Aluisio dig deeper into what mealtimes mean to the workers and families who eat them. ...they are alive to the circumstances that make people eat what and when they do. ...fascinating way beyond the food. [Corby Kummer](#), [The Atlantic](#), 9/7/10 "What I Eat is the sort of coffee table book you have to remove before the guests come over • at least if you want them to leave. The latest photo-journalism book from Menzel and D'Aluisio is as addictive as their equally engaging [Hungry Planet](#). ...It's all told so vividly, both visually and verbally. [LA Weekly](#), [Squid Ink blog](#), 9/7/10 "a revealing and fascinating glimpse into the lives of 80 people from all walks of life and around the world. [Louise McCready](#), [Huffington Post food blog](#), 9/6/10 "it's hard to stop looking at it. ...Even if someone isn't into food, the social, economic, and political implications of the photos are riveting. [Chow.com](#), 8/19/10 "Looking at the photos has the same allure as peeking into somebody else's grocery cart, with the added bonus that you can stare without getting caught. [Village Voice](#), 8/16/10 "The photographs are eye catching...you will be amazed. [The Epi-Log on Epicurious.com](#), 8/13/10 "As in [Hungry Planet](#), Menzel and D'Aluisio supplement their beautiful photographs with excellent reporting, telling the story of each individual in compassionate but unsentimental prose. ...It's a book to lose yourself in for hours, a wonderfully involving piece of food journalism. [Village Voice](#), 8/2/10 "It's a fascinating presentation, and readers can certainly draw their own conclusions from the profiles. [Lynn Andriani](#), [Publishers Weekly](#) "Cooking the Books" e-newsletter "[a] fascinating photojournalism book. ...The intimate portraits of natives and their food (and calorie counts) are not only a sample of regional cuisines but a look at how diet affects our health and out planet. [Conde](#)

Nast Traveler

“Through vivid photographs and descriptions | What I Eat offers a new perspective on nutrition, the relationship between diet and culture, and how globalization has changed how we look at food.

•USA Weekend

“A commentary on food, health and culture that would communicate across any lines, even without the absorbing text and stunning statistics.

•The Associated Press”their findings are fascinating.”

•NPR.org The Picture Show blog

“[a] coffee table-worthy collection.

•Washington Post Express”a gorgeous volume. ...never before have I seen such a broad and graphic demonstration of what real people put in their mouths.”

•Washington Post

“I spent many delightful hours this week poring over What I Eat, a beautiful (and hefty) book.

•Washingtonpost.com, The Checkup Blog

“engaging mini-profiles... The text that accompanes the riveting portraits provides enlightening context.”

•Los Angeles Times

“We’ve had a copy of What I Eat on our desk for a week or so, and it’s all we can do to stop leafing through it and actually do some work.

•Wall Street Journal Health Blog

“a solid piece of research as well as a portfolio of striking portraits of people posed with their daily intake.

•Boston Sunday Globe

“If ever a book was truly food for thought, it is the fascinating new photo-essay volume, What I Eat.

•Cincinnati Enquirer

“a remarkably revealing book. ...Fascinating and provocative.

•Denver Post”an intimate glimpse at the world around us.”

•7x7 magazine

“stunning photographs and compelling text

•USA Today

PETER MENZEL is an award-winning photojournalist who has been published in Time, National Geographic, and Smithsonian, among others. FAITH D’ALUISIO is a former TV news producer and the writer for their Material World books, which include Material World: A Global Family Portrait, Women in the Material World, the James Beard Award-winning Man Eating Bugs and Hungry Planet, and What the World Eats.

I’m a complete fan of this book. I own one copy, I have given 2 more as gifts, and I will likely buy more as more gifts. The premise is basic, if not simple, the execution is arduous and, for me, revelatory. Sure, different people in different places eat differently, but -- say what?-- exactly how different? Individuals are listed in order of the total calories they consume in their typical food eating day. The authors photograph individuals (or couples, or families) with their consumables spread out before them and add a long paragraph or two about their daily life. Do you travel a lot and sample

the local fare as you go? Would you like do more but lack the time, the money, the opportunity? Are the kids -- from 2 to 25 -- complaining, again, about the meal you spent an hour preparing, and they don't like the dessert either? Ok, so give them a chapter or two of this book to read/study. No guarantee to stop the whining, but, they'll make a start toward what some people (e.g. me) would call sophistication and others might call counting blessings.

his material world was much better. this book takes a different, more activist preachy tone and is a turn off. I wish the author would do an updated new addition of his material world which is awesome

This book is so fun. I loved seeing what people around the world eat and reading about them. Great coffee table book and conversation starter.

I purchased this book for my daughter, who is majoring in Nutrition in college, and is also a 'foodie' type of person, interested in different foods and cultures. She loved it ! As a matter of fact, everyone in the family has leafed through the book, it is very interesting with a lot of pictures of different foods from almost every country in the world, and pictures of a wide variety of people from all walks of life. This is a great 'coffee table' book !

Wonderful. I thought I would just flip through this, but I couldn't put it down. There are photos of the food and the people, as well as a story about each one. Wildly different choices of diners -- not at all scientific -- but fascinating nonetheless.

Beautiful book. I share it with all my colleagues and friends. So much to learn about how others eat around the world. Beautiful stories and photographs, as well.

Beautiful photography of individuals and what they eat in 24 hours. Compare the ballerina to the olympic athlete. or to yourself ! Eye opening visual information and data on calorie intake, variety, packaged vs home made and any other comparison you are curious about.

Just texted this message to my best one:"The BOOK arrived! It .... is ..... fanTAStic!!"Is there a Ten Star rating?HikerBob

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types, 4 diets 4 blood types, 4 programs) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Homes Around World River and Sea Homes Macmillan Library (Homes Around the World - Macmillan Library) Homes Around World Mud Grass Ice Macmillan Library (Homes Around the World - Macmillan Library) Fiji: The America Geographical Society's Around the World (American Geographical Society Around the World Program) Ketogenic Diet Made Easy With Other Top Diets: Protein, Mediterranean and Healthy Recipes The Ketogenic and Modified Atkins Diets: Treatments for Epilepsy and Other Disorders Ketogenic Diets: Treatments for Epilepsy and Other Disorders Trim Life - "Diets Don't Work, Hypnosis Does." Ketogenic Diet: 20 Fast and Easy Ketogenic Recipes for Weight Loss (Weight Loss, Low Carb, Diets, Healthy eating) Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fasts, Ketogenic, Paleo, and Low-Carb Diets Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets The Coconut Flour Recipes for Optimal Health and Quick Weight Loss: Gluten Free Recipes for Celiac Disease, Gluten Sensitivities, and Paleo Diets Candida Cleanse Natural Cure: A Step-By-Step Guide to Candida Treating and Detox in 21 Days (Concerned about gluten free diets, wheat belly and yeast infection?) Reclaim Your Life from IBS: A Scientifically Proven Plan for Relief without Restrictive Diets Ketogenic Diet: Lose Weight Fast by Eating More Fats (Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) The Yoga of Eating: Transcending Diets and Dogma to Nourish the Natural Self

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