



# **Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It**

*Anna Lappe*

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Nearly four decades after her mother, Frances Moore Lappé, published *Diet for a Small Planet*, sparking a revolution in our thinking about the social and environmental impact of our food choices, Anna Lappé picks up the conversation, examining another hidden cost of our food system: the climate crisis. From raising cattle in industrial-scale feedlots to razing rainforests to make palm oil for Pop-Tarts, the choices we make about how we put food on our plates, and what we do with the waste, contribute to as much as one third of total greenhouse-gas emissions. Lappé exposes the interests resisting this crucial conversation while she educates and empowers readers and eaters committed to healing the planet.

### Praise for *Diet for a Hot Planet*:

"[An] important book ... When it comes to climate change, junk food may prove even more destructive than SUVs. Lappé's message is timely and empowering."-**Eric Schlosser, author of *FastFood Nation***

"Accessibly written, rationally argued and focused on action over rhetoric, the book will interest parents, foodies, economists, committed vegetarians, moral omnivores, environmentalists, health enthusiasts and anyone interested in actually doing something about climate change while government responses stagnate. An essential toolkit for readers looking for a pragmatic climate-response action plan of their own."-**Kirkus**

### Reviews

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#### **Laura Clark:**

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