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Gristle: From Factory Farms to Food Safety (Thinking Twice About the Meat We Eat)

By Moby Park and Miyun Park



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Gristle: From Factory Farms to Food Safety (Thinking Twice About the Meat We Eat) By Moby Park and Miyun Park

Where's the beef? In the news, that's where. More than ever, meat is making the headlines and growing numbers of people are becoming more informed and passionate about what they eat. The facts are compelling: contamination cases are on the rise, obesity has become pandemic in the United States, and the animal agriculture sector is responsible for more human-induced greenhouse gas emissions than the entire transportation sector. It's no wonder that millions of people are thinking twice about meat. An information-packed, lively, and informative little guide, Gristle is for the growing number of people-from omnivores to vegans-who are thinking twice about the consequences of our industrial factory-farming system of raising animals for food. Multi-platinum musician Moby and leading food policy activist and expert Miyun Park have brought together fifteen of the country's leading voices on this issue-an eclectic group from such diverse backgrounds as farming, workers' rights activism, professional athletics, science, environmental sustainability, food business, and animal welfare advocacy-who together eloquently lay out how and why industrial animal agriculture unnecessarily harms workers, communities, the environment, our health, our wallets, and animals. In the tradition of Michael Pollan's *The Omnivore's Dilemma*, Gristle combines hard-hitting facts with a light touch and includes fascinating charts and illustrations depicting the stark realities of America's industrial food system.



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