

Preface: Confused About What to Eat for Good Health and a Green Planet? The Truth Is Out There

Acknowledgments

Part I. Introduction: The State of Food, Nutrition, and Our Environment

1. Setting the Stage: Who Grows Food, What Are We Eating, and Why Is Science So Important?

2. Diet and Disease: New and Continuing Public Health Threats

3. Big Food Costs: Environmental Damage, Resource Depletion, and Climate Change

Part II. Dining Throughout Human History: Science, Technology, Eater, Environment

4. How Revolutions, Discoveries, and Inventions Shape Our Diets: Paleo to Present

5. Contemporary Food Production and Processing

6. Pop Nutrition and Buzzwords: Fact or Fiction?

7. Diet Drivers in Today's Food Environments: Why, How, When, and Where We Eat

Part III. Nutrition 101: Essential Building Blocks, Ecological Context

8. Water: Hydration, Fluoridation, and Plastic Contamination

9. Vitamins, Minerals, and Phytochemicals

10. Carbohydrates, Sugar, and Fiber

11. The Facts on Fats and Environmental Impacts

12. The Truth About Protein and Amino Acids

13. Alcohol and Health: Cheers!?

Part IV. Food, Glorious Food: The Powers and Pleasures of Plant-Based Diets

14. Spilling the Beans on Coffee, Tea, and Chocolate

15. Vegetables and Fruits: Devour the Rainbow

16. The Whole Truth: Cereal Grains, Grass, and Gluten

17. Beautiful Beans and Other Plant Proteins

Part V. All About Animal Foods: Mega-Factory-Farm to Fork and Beyond

18. Making the Meat You Eat: There's Nothing Natural About It

19. Meat and Eggs: Are Some Choices Better than Others?

20. Milk, Dairy, and Yogurt: Nutritional Benefits and Risks

21. Fishy Matters: Wild Caught, Farmed, and Health Considerations

Part VI. The Food Revolution: Creating Healthy and Sustainable Diets for All

22. Solving Food and Nutrition Problems: Strategies, Goals, and Gaps

23. Best Evidence for Losing Weight and Living Longer

24. Step Up Your Food Game and Stay in the Know

25. The Intertwined Future of Food and Nutrition

Notes

Selected References

Index