



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

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

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*Nothing will benefit*

An irresistible guide to the meat you eat human health and increase the by the world's most fun and famous chances vegan.

for survival of life on earth as much as the evolution to a vegetarian diet. —Albert Einstein

Where's the beef? In the news, that's where. More than ever before, meat is making headlines. Contamination cases are on the rise, obesity has become pandemic, and industrial livestock farming is the cause of 20 percent of all greenhouse emissions. It's no wonder that vegetarianism has moved from the fringes to the mainstream as evidence accumulates in favor of the many benefits of meatlessness.

But *10 Excellent Reasons to Think Twice About Meat* is not just for vegetarians, it's for everyone who wants to make informed choices about the food they consume. Multi-platinum musician Moby, one of the world's most famous vegans, brings together ten of the country's leading foodies, doctors, policy makers, business leaders, and activists to create a smart, concise guide to what you should know before you eat meat. Combining hard-hitting facts with a light touch, each chapter is studded with quotes from famous vegetarians, fun facts, and other irresistible food for thought.

For the millions of Americans who are questioning the meat in their diets, this is the fun, accessible guide to setting down the sirloin and reaching for the tofu.

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