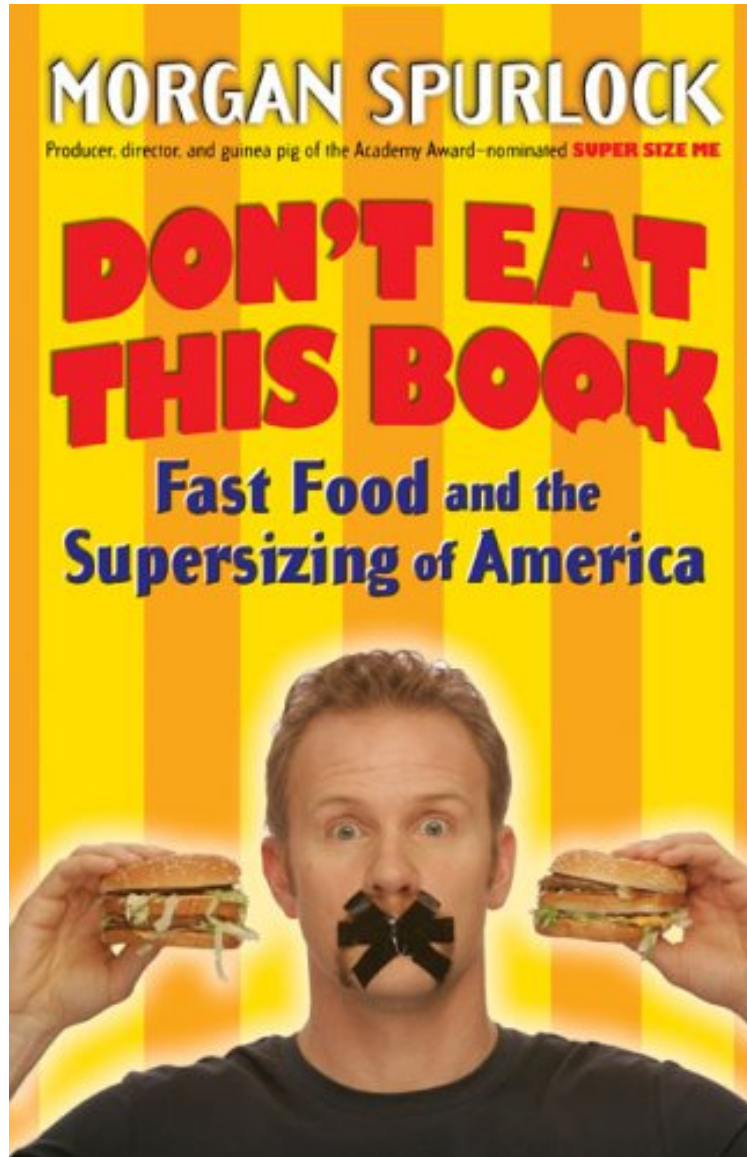


(Pdf free) Don't Eat This Book: Fast Food and the Supersizing of America

Don't Eat This Book: Fast Food and the Supersizing of America

Morgan Spurlock

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Morgan Spurlock : Don't Eat This Book: Fast Food and the Supersizing of America before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Eat This Book: Fast Food and the Supersizing of America:

7 of 7 people found the following review helpful. Dont Eat This Review!By B-Man"Don't Eat This Book" picks up where books like "Fast Food Nation" "Fat Land" leave off. Although this is not a particularly quick read (and a bit

dry), it is very informative. It is less about Morgan Spurlock's debut film "Super-Size Me" and more about fast food, junk food over eating and nutrition. One thing I particularly like about this book is that he goes in to detail about the caloric content of many fast foods going as far as comparing the caloric intake of a meal at one fast food establishment to another which yield some surprising results. What you think is a healthy dining choice may not be at all. Morgan stresses the importance of eating whole foods and home cooked meals. "Don't Eat This Book's" message is simple; If you eat good healthy food and exercise you will be a healthy person, if you do the opposite you will not live a healthy and happy life. I recommend this to anyone interested in nutrition, health or obesity! 6 of 8 people found the following review helpful. Falling Behind? By Hamilton Hamilton American's are (ahem) falling behind in the battle of the bulge and the juggernaut against their health. No, I can't say that Morgan Spurlock is always the most credible spokesperson. Like Michael Moore, he likes the fast factoid that paints the quick big picture. But, hey, this book is a solid follow-up to Super Size Me that gets people thinking about what they eat and how often and how much. Anyone who can creatively get some information out there to stem the literal downslide of a generation is doing the right thing. Don't Eat this Book gives support to the issues that Spurlock initiated with the documentary film. I'm using it as a text, along with Ruth Ozeki's My Year of Meat(s) and Thorstein Veblen's The Theory Of the Leisure Class, for a university course on Media and Culture, focusing on American media/corporations and hyperconsumption. Don't Eat This Book is easy to read and jumpstarts the discussion. Read it and see if you aren't passionately talking about it with friends over, er, lunch! 0 of 0 people found the following review helpful. Five Stars By Customer good

For thirty days, Morgan Spurlock ate nothing but McDonald's as part of an investigation into the effects of fast food on American health. The resulting documentary earned him an Academy Award nomination and broke box-office records worldwide. But there's more to the story, and in Don't Eat This Book, Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education. He looks at why fast food is so tasty, cheap, and ultimately seductive—and interviews experts from surgeons general and kids to marketing gurus and lawmakers, who share their research and opinions on what we can do to offset a health crisis of supersized proportions. Don't eat this groundbreaking, hilarious book—but if you care about your country's health, your children's, and your own, you better read it.

From Publishers Weekly Fact-packed and funny, this offshoot of Spurlock's Oscar-nominated documentary Super Size Me serves both as a substitute for and addition to the movie. Spurlock spent a month not exercising and eating nothing but food from McDonald's, filming his declining health and ballooning size. It was a terrific premise for a movie; the book provides even more of its backstory and outtakes. Spurlock describes America's obesity epidemic, its relation to the fast food industry, the industry's cozy relations to U.S. government agencies and how the problem is spreading worldwide. He details the long-term and often fatal (albeit well-known) health hazards of the high-fat, high-sugar, factory-farmed fast food diet combined with the sedentary lifestyle prevalent among Americans. The statistics, while grim, aren't as compelling as Spurlock's often humorous descriptions of his own gradual disintegration into exhaustion, mood swings, liver deterioration and high blood pressure as his month progresses. Spurlock's wisecracks make the statistic-laden information easily digestible and possibly useful as a classroom text. He includes inspiring examples of schools that provide healthy, local (even student-grown) food in their cafeterias, and offers lists of resources for parents and educators wanting to make changes in their own communities. Spurlock is surprisingly optimistic about the future, and his book is a powerful tool in his rip-roaring campaign to turn around America's love-hate relationship with fast food. Agent, Elyse Cheney Literary. (May 19) From Booklist Spurlock, whose film documentary Super Size Me, earned an Oscar nomination and substantial media attention earlier this year, expands into a book his polemic against fast food in general and McDonald's in particular. He rails against America's ubiquitous burger outlets, holding them uniquely responsible for the country's obesity crisis and fretting that these corporations' overseas successes have spread worldwide the least seemly fruits of U.S. economic and agricultural success. With insight, he links Americans' expanding girth to consumers' demand for larger, less fuel-efficient vehicles, such as SUVs. He cites research demonstrating that fats are bad for people, sugar is bad for people, meat is bad for people, and advertising's seductions multiply these health perils exponentially. This is territory already well explored and thoroughly mapped in Schlosser's Fast Food Nation (2002) and Nestle's Food Politics (2003). Spurlock's ingenuous persona and his bumptious spiritedness added immeasurably to the film's charm and provided both entertainment and plausibility despite his sweeping generalizations and shaky conclusions. In print, this gee-whiz approach makes him come across as a lightweight, overshadowing and undermining whatever serious purpose he intended and whatever valid charges he might have brought against today's fast-food behemoths; however, the popularity of his documentary will spur demand for his book. Mark Knoblauch Copyright © American Library Association. All rights reserved "Breezy, humorous." —The New York Times "Fact-packed and funny." —Publishers Weekly "Spurlock expands on [Super Size Me's] harrowing themes of American obesity and offers causes and cures, all while remaining—get this—entertaining. Like a funnier Michael Moore." —Maxim "A sobering look at the country's obesity crisis." —People (Great Reads) "Just reading this book will give the average reader indigestion... a shocking indictment of the fast food industry." —Tucson

Citizen“He has a story to tell, and it’s scary enough to keep you out of that drive-through line.” —Charleston Post and Courier“Alternately hilarious and discouraging...provides further details about the health impact of the nation’s poor eating choices.” —Toledo Blade“Detailed and nuanced...very amusing.” —Maclean’s“With a combination of wit, sarcasm, anger, and hard-hitting research, Spurlock argues that groups such as the American Medical Association and the U.S. Department of Agriculture have been corrupted by corporate interests.” —St. Paul Pioneer Press“Spurlock [writes] in his trademark take-no-prisoners style and with a humor that saves him from sounding pious or self-satisfied. A powerful work of reporting and punditry.”—Kirkus s (starred review)