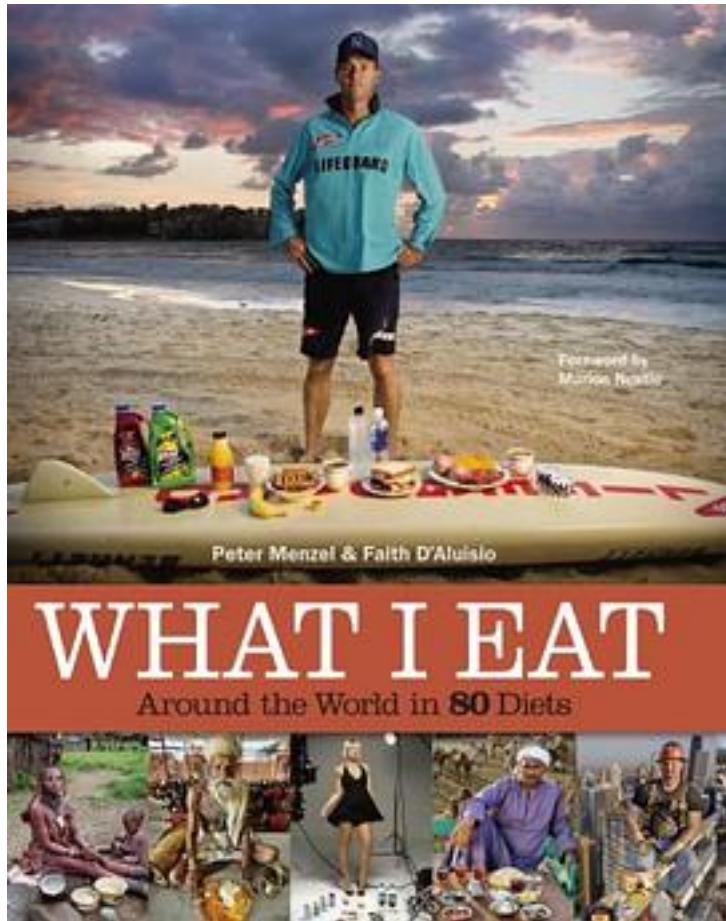


What I Eat



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A stunning photographic collection featuring portraits of 80 people from 30 countries and the food they eat in one day.

In this fascinating study of people and their diets, 80 profiles are organized by the total

number of calories each person puts away in a day. Featuring a Japanese sumo wrestler, a Massai herdswoman, world-renowned Spanish chef Ferran Adria, an American competitive eater, and more, these compulsively readable personal stories also include demographic particulars, including age, activity level, height, and weight. Essays from Harvard primatologist Richard Wrangham, journalist Michael Pollan, and others discuss the implications of our modern diets for our health and for the planet. This compelling blend of photography and investigative reportage expands our understanding of the complex relationships among individuals, culture, and food.

作者介绍:

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