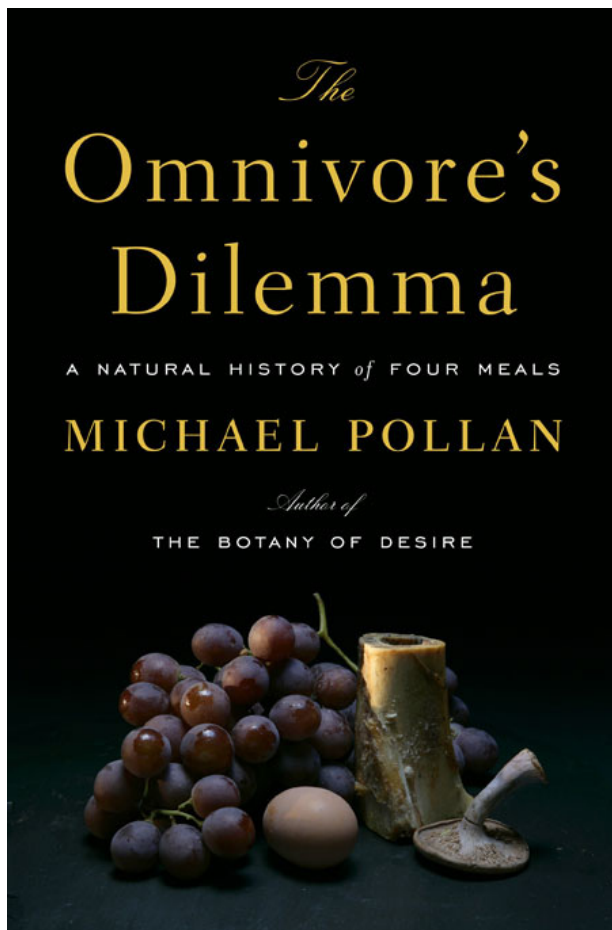


SUSTAINABLE READING RECOMMENDATIONS



THE OMNIVORE'S DILEMMA

A NATURAL HISTORY OF FOUR MEALS

MICHAEL POLLAN

Michael Pollan's *The Omnivore's Dilemma* approaches America's "eating disorder" by looking at four meals. A hamburger and French fries from McDonalds, a roasted chicken, vegetables and salad from Whole Foods, grilled chicken, corn and a chocolate soufflé (made with fresh eggs) from a sustainable farm, and finally, mushrooms and pork foraged from the wild. According to Pollan, the *Omnivore's Dilemma* is two fold: what we choose to eat, and how we let that food be produced.