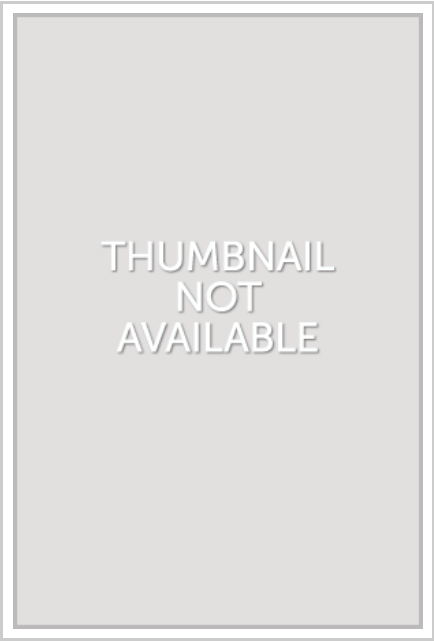



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# What to Eat?: 10 Chewy Questions About Food

By Hattie Ellis

Granta Books. Paperback. Book Condition: new. BRAND NEW, What to Eat?: 10 Chewy Questions About Food, Hattie Ellis, Deciding what to eat is no longer a simple matter of instinct and appetite. Every choice we make about the food we put on our plates is complicated. Is meat good or bad for me? Is buying local always best? Is organic worth it? WHAT TO EAT? asks all these questions and more: some are specific, going back to the nature of particular foods such as milk, meat and fish. Some are more general and challenging, examining the green and the good at a time when money is short and choices matter. The book also offers answers. This is a refreshingly practical guide to the stuff of everyday living, from the ingredients up: Hattie Ellis exposes the myths and unveils the truth about how food is produced, what gives us most value for money, what it does to us, and what we have done to it.

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