

## [THE FOOD REVOLUTION BOOK](#)



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The Food Revolution is a remarkable book. John Robbins was heir to the Baskin-Robbins ice cream fortune, but turned it down to become a vegan activist. His earlier book Diet for a New America, published in the mid-80s, opened a lot of people's eyes to the horrible conditions animals live in on American "factory" farms.

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In 1987, John Robbins published Diet for a New America, which was an early version of this book, and he started the food revolution. He continues to work tirelessly to promote conscious food choices more than 20 years later.

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Our book review this month looks at The Food Revolution, written by John Robbins. It has a great tag-line: how your diet can help save your life and the world . So, although it was first published in 2001, (and has been updated a number of times), it is still a great read if you are interested in what you eat and the impact of what you eat on the wider world.

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from the book The Food Revolution. Acclaim for The Food Revolution Carefully researched, eminently readable, and starkly accurate, The Food Revolution will change your life. If every patient in every doctor's office read this book, it would revolutionize the health of America. Neal Barnard, M.D.

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### **Amazon com The Food Revolution How Your Diet Can Help**

The Food Revolution: How Your Diet Can Help Save Your Life and Our World by John Robbins While it was not the only influence, it is accurate to say that I became a vegan over two decades ago after reading John

Robbins' Diet for a New America in 1988. I have pointed to him and the book ever since as shining examples of organic, whole foods with the absence of animal or dairy products.

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### **The Food Revolution Vegan Books Your Daily Vegan**

First published in 2001, The Food Revolution is still one of the most frequently cited and talked about books of the food-politics revolution.

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### **The Food Revolution How Your Diet Can Help Save Your Life**

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Excerpts from The Food Revolution: How your diet can help save your life and the world. By John Robbins (Author of Diet for a New America), 2002.

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