



## The Green Foodprint: Food Choices for Healthy People and a Healthy Planet

By Linda K Riebel

Print and Pixel Books. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Millions of people realize that their food choices can help-or hurt-the earth. They want to reduce their food footprint, but with so many decisions to make (omnivore or vegetarian, organic or conventional, local or global), how is a busy person to navigate all the possibilities The Green Foodprint: Food Choices for Healthy People and a Healthy Planet is a concise, easy-to-read, and practical guide through the new world of healthful food that is also easier on the environment. The book is packed with inspiring facts and stories about how readers can make a big difference with a few wise decisions. Appealing to a wide range of readers and eaters, The Green Foodprint describes five memorable guidelines, and the many healthful, earth-friendly options available within each guideline. Against the background of a flawed industrial food system, the book highlights positive changes and the power of citizens to help themselves and the earth with their food choices. Likely audiences include people interested in sustainability, students and educators at all levels from middle school through university, health care providers, nutritionists, people concerned about their health, environmentalists, journalists,...



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