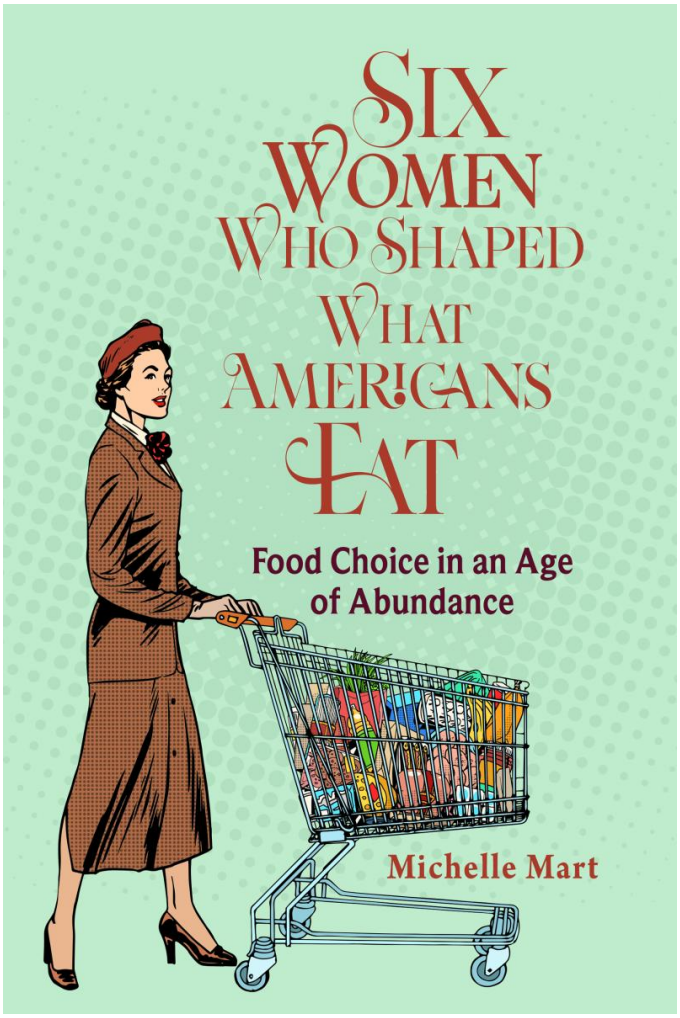
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Six Women Who Shaped What Americans Eat: Food Choice in an Age of Abundance

Mart, Michelle



Six Women Who Shaped What Americans Eat: Food Choice in an Age of Abundance. Cover.

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> How six groundbreaking women redefined American food—what we eat, how we eat it, and why it matters.
>
> From wartime nutrition science to modern food activism, *Six Women Who Shaped What Americans Eat* examines the pivotal roles six women played in rewriting the rules of American cuisine. Michelle Mart offers a rich and accessible narrative that connects dietary trends, food marketing, and public health movements to the voices of the women who helped drive them.
>
> Part one highlights Hazel Stiebeling's development of dietary guidelines and RDAs, Poppy Cannon's promotion of processed foods for convenience and gourmet meals, and Julia Child's introduction of French cuisine with an emphasis on fresh ingredients and culinary techniques. Part two shifts the focus to women who challenged the food system itself: Frances Moore Lappé's advocacy for vegetarianism and sustainable practices, Marion Nestle's exposure of food corporations' manipulative practices, and Alice Waters's emphasis on locally sourced, organic ingredients and sustainable food systems. Thoughtful and timely, this book explores how culture, politics, and personal vision collided in the kitchens and campaigns of six food pioneers—leaving a lasting imprint on what America eats today.
>
> (Source: The University of Alabama Press)

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