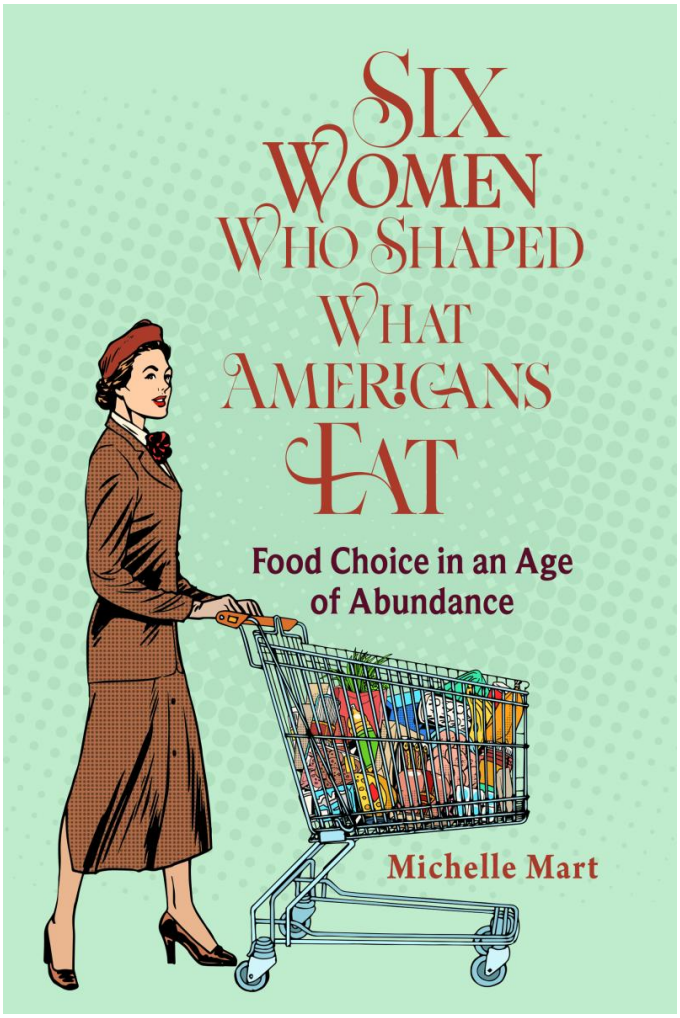
Multimedia Library Collection: Books & Profiles

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.

© 2025 The University of Alabama Press. All rights reserved.

The copyright holder reserves, or holds for their own use, all the rights provided by copyright law, such as distribution, performance, and creation of derivative works. https://rightsstatements.org/page/InC/1.0/?language=en .

Mart, Michelle. *Six Women Who Shaped What Americans Eat: Food Choice in an Age of Abundance*. University

of Alabama Press, 2025.

> 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)

© 2025 The University of Alabama Press and the author

All rights reserved. Used by permission of The University of Alabama Press and the author.

Download:
Download introduction from Six Women Who Shaped What Americans Eat by Michelle Mart
https://www.environmentandsociety.org/sites/default/files/key_docs/mart_six_women_introduction.pdf

Related links:

- Book profile at The University of Alabama Press
  https://www.uapress.ua.edu/9780817362140/six-women-who-shaped-what-americans-eat/

Websites linked in this text:

- https://www.uapress.ua.edu/9780817362140/six-women-who-shaped-what-americans-eat/

Websites linked in image captions:

- https://rightsstatements.org/page/InC/1.0/?language=en

Books & Profiles Collection, Multimedia Library, Environment & Society Portal
Six Women Who Shaped What Americans Eat: Food Choice in an Age of Abundance
Source URL: http://www.environmentandsociety.org/node/10008
Print date: 03 November 2026 23:57:43