

[FREE] The Ethics of What We Eat: Why Our Food Choices Matter

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Peter Singer, Jim Mason

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The Ethics of What We Eat

Why Our Food Choices Matter

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Peter Singer, Jim Mason : The Ethics of What We Eat: Why Our Food Choices Matter before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ethics of What We Eat: Why Our Food Choices Matter:

2 of 2 people found the following review helpful. Wait! What am I eating?By Alicia CrumptonA powerfully written discussion about food production, food choices, and the importance of consciously considering how our food is grown, treated, and delivered. Singer's opening line: "We don't usually think of what we eat as a matter of ethics" (p. 3). Gulp.

He's right, I was, still am sometimes, an unconscious purchaser and consumer. I was convicted after reading this book to be more conscious, more educated, more deliberate in understanding what I'm eating, where and how it was grown, and the practices surrounding it. This is the power of this book! It's a tough commitment to live up to. Admittedly, there are days when I fail miserably (sigh). But I'm no longer unconscious and this is a start. Singer's device of using three families with three differing approaches (Standard American Diet; conscientious Omnivores, and The Vegans) was useful in illustrating a continuum of choices and awareness but also in illustrating the challenges of each, and the difficulties we have in making wise, informed food choices. The power of Singer's book is in the way he presents the complexity of decision making (for example - buy local but if their food practices are unethical, is it wise to buy local?!) - these are not two dimensional easy choices, even when trying to pull the thread - it can be difficult to ascertain practices of food producers, and then there's the practical - at the end of a long work day, I just want to get supper on the table. While reading I felt as though Singer was trying to present information in a conversational way to get me to thinking, to raise awareness - the balance between information, questions, and sympathy with the challenges of ethical decision making when we perhaps don't have all the facts, it's not black and white, etc. was really helpful in being able to digest and consider the material (i.e., I didn't feel preached at and like a loser because I don't always know or consider...smile). The section labeled Where to Find Ethical Food included good URLs and additional reading on a variety of topics.

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By Andre For quite some time I had been concerned about the effects of my eating habits, however I had been overwhelmed with all of the information and options that were out there. I had many questions: Are all animals wrong to eat? Is there anything wrong with milk and eggs? What does cage free, humane certified really mean? What are the reasons (other than health claims) for going organic? This book blends philosophical arguments, thoroughly researched evidence, and hands on experience to provide excellent insight into these questions.

0 of 0 people found the following review helpful. Ethics of What We Eat

By Rizzo I ordered this book for an English class I was taking at Cypress College in Cypress, California. It opened me up to the reasons why some of us are choosing a certain eating lifestyle. Also, some of our reasons behind our choices are unsupported. We make the decisions to "eat healthy" based on public perceptions and beliefs without digging deeper and verifying facts. Reading this book paints a clear picture that a lot of our "healthy" choices may benefit us in the short term but be hurting the "health" of our surroundings in the future. A well-written read from Singer. I highly recommend.

Peter Singer, the groundbreaking ethicist whom *The New Yorker* calls the most influential philosopher alive teams up again with Jim Mason, his coauthor on the acclaimed *Animal Factories*, to set their critical sights on the food we buy and eat: where it comes from, how it is produced, and whether it was raised humanely. *The Ethics of What We Eat* explores the impact our food choices have on humans, animals, and the environment. Recognizing that not all of us will become vegetarians, Singer and Mason offer ways to make healthful, humane food choices. As they point out: You can be ethical without being fanatical.

An absolutely indispensable book for anyone who thinks about what they eat ... I cannot recommend it highly enough. Jeffrey Moussaieff Masson, author of *When Elephants Weep* and *Raising the Peaceable Kingdom*. . . vital, urgent, and disturbing. Dorothy Kalins, *New York Times*. . . clear and persuasive. Susan Salter Reynolds, *Los Angeles Times* A no-holds-barred treatise on ethical consumption. Publishers Weekly

About the Author Peter Singer, the renowned philosopher and bioethicist, is the author of *Animal Liberation*, the classic work that helped launch the modern Animal Rights movement. He teaches at Monash University in Melbourne, Australia.