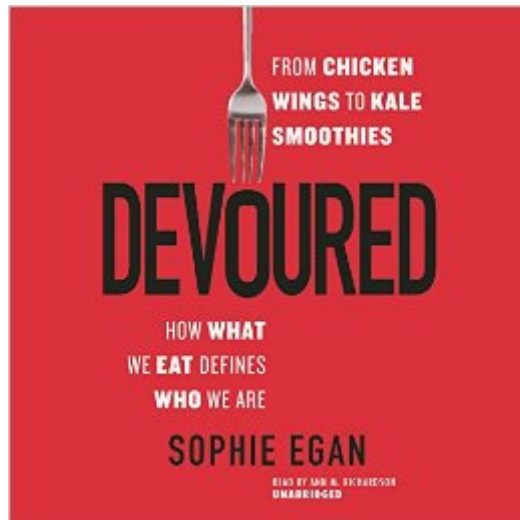


The book was found

Devoured: From Chicken Wings To Kale Smoothies -- How What We Eat Defines Who We Are



Synopsis

[Read by Ann M. Richardson] A provocative look at how and what Americans eat and why -- a flavorful blend of *The Omnivore's Dilemma*, *Salt Sugar Fat*, and *Freakonomics* that reveals how the way we live shapes the way we eat. Food writer and Culinary Institute of America program director Sophie Egan takes readers on an eye-opening journey through the American food psyche, examining the connections between the values that define our national character -- work, freedom, and progress -- and our eating habits, the good and the bad. Egan explores why these values make for such an unstable, and often unhealthy, food culture and, paradoxically, why they also make America's cuisine so great. Egan raises a host of intriguing questions: Why does McDonald's have 107 items on its menu? Why are breakfast sandwiches, protein bars, and gluten-free anything so popular? Will bland, soulless meal replacements like Soylent revolutionize our definition of a meal? The search for answers takes her across the culinary landscape, from the prioritization of convenience over health to the unintended consequences of "perks" like free meals for employees; from the American obsession with "having it our way" to the surge of Starbucks, Chipotle, and other chains individualizing the eating experience; from high culture -- artisan and organic and what exactly "natural" means -- to low culture -- the sale of 100 million Taco Bell Doritos Locos Tacos in ten weeks. She also looks at how America's cuisine -- like the nation itself -- has been shaped by diverse influences from across the globe. *Devoured* weaves together insights from the fields of psychology, anthropology, food science, and behavioral economics as well as myriad examples from daily life to create a powerful and unique look at food in America.

Book Information

Audio CD: 1 pages

Publisher: HarperCollins Publishers and Blackstone Audio; Unabridged edition (May 3, 2016)

Language: English

ISBN-10: 1504732448

ISBN-13: 978-1504732444

Product Dimensions: 5.2 x 1.5 x 5.8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #2,396,496 in Books (See Top 100 in Books) #119 in [Books > Books on CD > Cooking, Food & Wine](#) #1238 in [Books > Books on CD > Health, Mind & Body > General](#) #1637 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

Customer Reviews

â œDevouredâ • is worth devouring, although Sophie Eganâ™s answer to her bookâ™s subtitle, â œHow WHAT We EAT Defines WHO We Areâ • is, at times, uneven. Thatâ™s understandable as this is a first book and one that explores a complex topic. Bottom-line: itâ™s an entertaining, informative, and above all, thought-provocative book. â œDevouredâ • is well-researched and worthy of copious note-taking. Highlights follow, including Eganâ™s delicious proclivity for using or coining a new word or phrase to better explain or frame up what already exists in Americaâ™s ever-evolving eating behaviors. Table of Contents: Yes, read the teaser blurbs such as 40% skip breakfast while 40% of us also eat lunch at our desks. Introduction: The American Food Psycheâ | focuses on THE why we eat the way we do (convenience, health, novelty, personalization, and more) as it also slices into Americaâ™s food culture. Chapter 1: The Muddle of the Modern Mealâ | is driven by our desire for convenience. Eganâ™s spin is jarring in â œHow we define â ^whatâ™ is a meal and â ^whenâ™ is a meal,â • including how people are often assembling snack foods to collectively equal â œa mealâ • (or on many mornings, whatâ™s called a snackfast). Chapter 2: Food at Workâ | Said simply, many of us all but live at work so weâ™re eating more at work, yet just one in five workers in North America takes regular lunch breaks away from their desks. Office microwaves rarely idle for long as theyâ™ve changed everything, including the selection for unscrupulous fridge thievery. Chapter 3: Having It Our Wayâ | Think personalized and individualized eating, including â œcheffingâ • your directed restaurant order. Americans spend less time eating: 74 minutes a day, or 27 minutes less than the average in other OECD countries.

[Download to continue reading...](#)

Devoured: From Chicken Wings to Kale Smoothies -- How What We Eat Defines Who We Are
Colorado Wings: A Wing and a Prayer/Wings Like Eagles/Wings of the Dawn/A Gift of Wings
(Inspirational Romance Collection) Smoothie Recipe Book: 150 Smoothie Recipes Including
Smoothies for Weight Loss and Smoothies for Optimum Health Smoothies For Kids: 80+ Recipes,
Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice,
Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics: 85+
Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox
Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Green Kitchen Smoothies:
Healthy and Colorful Smoothies for Every Day Lyrics That Defines Me: Alter Ego: Stoneface the
Artist/Author (Volume 1) Tethered Wings (Hidden Wings Series Book Three) Wings of Fire Boxset,
Books 1-5 (Wings of Fire) The Case of the Weird Blue Chicken: The Next Misadventure (The

Chicken Squad) Chicken Soup for the Kid's Soul: 101 Stories of Courage, Hope and Laughter (Chicken Soup for the Soul) Chicken Soup for Little Souls The Never-Forgotten Doll (Chicken Soup for the Soul) 365 Ways to Cook Chicken: Simply the Best Chicken Recipes You'll Find Anywhere! Easy Chicken Breast Cookbook: 50 Unique and Easy Chicken Breast Recipes Chicken Recipes: Delicious and Easy Chicken Recipes (Quick and Easy Cooking Series) The Big Book of Chicken: Over 275 Exciting Ways to Cook Chicken (Big Book (Chronicle Books)) DIY Chicken Coops: The Complete Guide To Building Your Own Chicken Coop The Perfect Chicken Coop: A Step by Step Guide to Plan and Build the Perfect Chicken Coop Chicken Soup for the Cat Lover's Soul: Stories of Feline Affection, Mystery and Charm (Chicken Soup for the Soul) Chicken Soup for the Kid's Soul: Stories of Courage, Hope and Laughter for Kids ages 8-12 (Chicken Soup for the Soul)

[Dmca](#)