



The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously

Alexandra Zissu

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Your everyday food choices can change the world—and make meals taste better than ever

For anyone who has read *The Omnivore's Dilemma* or seen *Food, Inc.* and longs to effect easy green changes when it comes to the food they buy, cook, and eat, *The Conscious Kitchen* is an invaluable resource filled with real world, practical solutions.

Alexandra Zissu walks readers through every kitchen-related decision with three criteria in mind: what's good for personal health, what's good for the planet, and what tastes great. Learn, among other things, how to:

- Keep pesticides, chemicals, and other harmful ingredients out of your diet
- Choose when to spend your dollars on organic fruit and when to buy conventionally grown
- Avoid plastic—including which kinds in particular and why
- Figure out what seafood is safe to eat *and* is sustainable
- Use COOL (country of origin labels) to your advantage
- Determine if a vegetable is genetically modified just from reading its PLU (price look up) code
- Decipher meat labels in the supermarket
- Cook using the least energy—good for the earth and your wallet
- Eat locally, even in winter
- Understand what “natural” and other marketing terms really mean
- Buy packaged foods wisely

Navigate farmers' markets, giant supermarkets, and every shop in between to find the freshest and healthiest local ecologically grown and produced meat, dairy, fruits, and vegetables—no matter where you live

With *The Conscious Kitchen* as your guide, you will never again stand in the market bewildered, wondering what to buy. You can feel confident you are making the best possible choices for you, your family, and our planet.

ALEXANDRA ZISSU writes about green living, food, and parenthood. She is the author of *The Conscious Kitchen*, coauthor of *The Complete Organic Pregnancy*, and contributes the “Ask an Organic Mom” column to The DailyGreen.com. Her stories have appeared in *The New York Times*, *The Green Guide*, *Cookie*, *Details*, *Bon Appétit*, *Self*, and *Health*, among other publications. She is also a public speaker and “greenproofer,” an eco-lifestyle consultant. Visit her website, www.alexandrazissu.com.

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From reader reviews:

Ida Torres:

Do you have favorite book? In case you have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each guide has different aim as well as goal; it means that book has different type. Some people experience enjoy to spend their time for you to read a book. These are reading whatever they consider because their hobby will be reading a book. What about the person who don't like examining a book? Sometime, individual feel need book if they found difficult problem or perhaps exercise. Well, probably you will need this The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously.

Brenda Wright:

A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent the entire day to reading a reserve. The book The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously it is quite good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore simply to read this book from your smart phone. The price is not to fund but this book provides high quality.

Joseph Russell:

People live in this new moment of lifestyle always attempt to and must have the time or they will get lots of stress from both way of life and work. So , once we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, typically the book you have read is actually The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously.

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