



A Joosr Guide to... Fast Food Nation by Eric Schlosser: What The All-American Meal is Doing to the World

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The numbers are in and they're staggering. It's not just the US that's getting fatter and sicker anymore-it's a worldwide epidemic. Find out how food impacts your health and why you should replace some of your staples.

Fast Food Nation by Eric Schlosser chronicles the award winning author's three year investigative journey into the fast food industry. Its pages are filled with stories of how our love of fast food began and how it quickly became a booming worldwide industry. More than an exposé about the impact of convenience foods, this landmark book serves to educate the reader, enabling them to make informed decisions about the foods they eat.

You will learn:

- How fast food in America went from an occasional treat to an addictive staple
- Why convenience foods can be blamed for the rise in chronic diseases such as obesity, diabetes and heart disease
- What impact the fast food industry has on its employees, farmers and the environment.

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Amy Quist:

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