



TurkishPress.com

Tuesday, June 05, 2007

Internet for US Army

We deliver satellite access to all bases in Iraq Silicone Wristbands Silicone Bracelets and Afghanistan
www.satellite-provider.pl

Support Our Troops

Silicone Wristbands Silicone Bracelets
www.admagnets.com

Military Care Packages

Gift suggestions for someone in the military at Surprise.com.
www.surprise.com

Ads by Google

Home Page

- Headlines
- World News
- National
- Americas
- Opinions
- Business
- Politics
- Sports
- Technology & Science
- Health
- Entertainment
- Lifestyle
- Travel
- Weather

In Depth

- Thailand coup
- Fifth Anniversary of 9/11

Turkish Web Directory

- About Us
- Advertise
- Feedback

Ads by Google

Meet Military Men

New diet shrinks calories, carbon footprint

06-01-2007, 15h36
 SAN FRANCISCO (AFP)

A soon-to-be-published weight-loss book helps dieters reduce not just their intake of calories, but the negative impact of their food consumption choices on the environment.

In their new "[Global Warming Diet](#)," American chef Laura Stec and climate change expert Eugene Cordero posit that it is not sufficient that a good meal be presentable and delectable -- it must also be environmentally friendly.

"One of the most positive effects you can have on the environment begins on your [dinner plate](#)" -- particularly in reducing one's carbon footprint, the authors maintain in promotional literature plugging their book.

The book, to be published next year, advocates "eating more local, more organic, adding more seasonal food, ... using less packaging, buying in bulk, growing your own food," Stec said.

While former US vice



Chef Laura Stec cooks in her kitchen 04 May 2007 in San Francisco. A soon-to-be-published weight-loss book helps dieters reduce not just their intake of calories, but the negative impact of their food consumption choices on the environment. (AFP/File)



advertisement

CLICK and SHOP

MEDITERRANEAN Treasures by Tasci

advertisement

amazon.com and you're done.™

Venus and Serena
 Hilary Beard, Venu...
 New \$11.90
 Best \$0.30

Detroit Tigers Navy Road Authentic O...
 Best \$23.99

Tibet - Cry of the Snow Lion
 Shirley Knight, Ti...
 New \$26.99
 Best \$17.99

Turkey West/Turkish Riviera Map by C...
 Cartographia
 New \$10.95
 Best \$9.95

meet military
Singles & Admirers
Dating & More.
Free to register.
USMilitarySingles.com

Support Troops Bracelet

33% of proceeds goes to charity
10,000 military gifts and clothing
www.priorservice.com

Magnetic Signs

Find Magnetic Signs Info. Fast & Easy
www.SignsMagnetic.info

president Al Gore's bestselling book and Oscar-winning documentary "An Inconvenient Truth" awakened Americans to the impending environmental crisis caused by global warming, it did not deal with the impact from food consumption choices -- a huge oversight, according to the authors.

They said it takes 5.5 kilograms (12 pounds) of grain and 2,500 gallons of water to make just a half-kilo (one pound) hamburger.

"When growing meat, you have to feed the cows," said Cordero.

"In the US, we feed them corn, and corn is a very carbon-intensive crop to grow, because it's growing in a manner that requires a large amount of fertilization because the land is nearly given no time to recover," the environment professor said.

A 1999 study by the Union of Concerned Scientists also found that eating too much beef and poultry and non-organic [fruits and vegetables](#) were the most harmful activities a consumer could engage in, with the exception of driving a gasoline-powered car.

The book advocates the use of sustainable agriculture and local family farming; eating more plant-based foods; reducing food waste through composting; limits on bulky packaging; and the use of fewer [pesticides](#).

Stec and Cordero also rail against the ubiquitous plastic shopping bags, 30 billion of which are used each year in this country, to say nothing of the 10 billion paper bags it takes some 14 million trees to make.

Only about one percent of Americans bring their own bags to the store when making their food purchases, they note.


And the environmentally conscious dieter also will [buy foods](#) in season, Stec said. "If you want to eat cherries in December, or tomatoes, they will be flown over from Australia," she said.

"We are not asking anything that is too crazy. We are asking to return to our roots, when we were paying more attention to our food, when we enjoyed food and spent little time preparing it," she said.

AFP



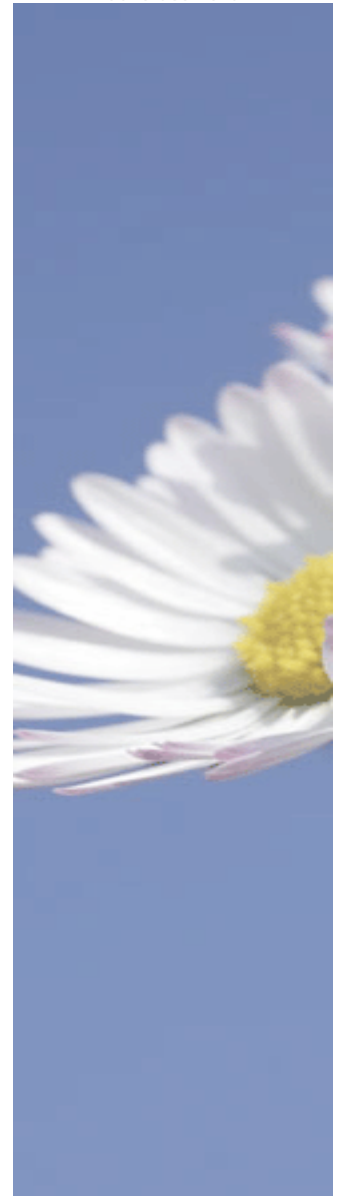
[Ads by Google](#) [Anti Terrorism](#) [Iran Terrorism](#) [Terrorism Act](#) [War Terrorism](#)



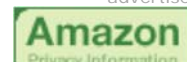
[Hegemony or Survival](#)
Noam Chomsky
New \$5.00
Best \$2.22

[Privacy Information](#)

advertisement

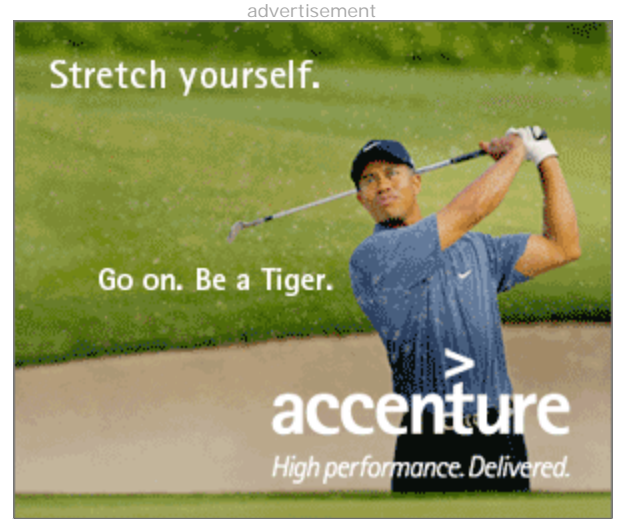


advertisement



World News:

- [Pakistan's Musharraf tightens media regulations](#)
- [US vows to pursue hunt for missing soldiers](#)
- [Bush faces heat over climate change and Russia at G8](#)
- [Tens of thousands gather for Hong Kong Tiananmen vigil](#)
- [Deadly fighting spreads in Lebanon camps](#)
- [India ethnic protests called off](#)
- [Tens of thousands gather for Hong Kong Tiananmen vigil](#)
- [Putin defiant ahead of G8 summit](#)
- [Muslim hardliners storm Indonesia church](#)
- [US military analysis says troop 'surge' in Iraq short of goal](#)
- [OAS opens summit with warning against 'silencing' opponents](#)



[^ Back to Top](#)

[Privacy Policy](#)



© 2007 Agence France Presse. All rights reserved. The information contained in the AFP News report may not be published, broadcast, rewritten or redistributed without the prior written authority of Agence France Presse.

© 1997-2007 Anatolia.com Inc