

# Mad Hungry: Feeding Men and Boys in the Shadow of the Western Diet



**Mad Hungry: Feeding Men and Boys** by Lucinda Scala Quinn

★★★★☆ 4.6 out of 5

Language : English  
File size : 16257 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 291 pages  
Lending : Enabled



In her groundbreaking book, *Mad Hungry: Feeding Men and Boys in the Shadow of the Western Diet*, award-winning journalist and author Theresa Tamony takes a deep dive into the history, science, and culture of food, masculinity, and hunger. She argues that the Western diet is making men and boys sick, both physically and emotionally. But she also offers hope, showing how we can create a healthier, more sustainable, and more just food system for all.

## The Western Diet: A History of Hunger

The Western diet is a product of the Industrial Revolution. As processed foods became more widely available, people began to eat more calories and less nutrient-rich food. This led to a decline in overall health, and an increase in the rates of obesity, heart disease, and diabetes. Men and boys

were particularly hard hit by these changes, as they were more likely to eat processed foods and less likely to cook at home.

The Western diet is also a product of capitalism. Food companies have a vested interest in keeping people eating processed foods, even if they are not good for them. They spend billions of dollars on advertising, marketing, and lobbying to promote their products. This makes it difficult for people to make healthy choices, especially when they are on a tight budget.

### **The Impact of the Western Diet on Men and Boys**

The Western diet is having a devastating impact on the health of men and boys. Men and boys who eat a Western diet are more likely to be overweight or obese, and they are more likely to develop heart disease, stroke, diabetes, and cancer. They are also more likely to suffer from mental health problems, such as depression and anxiety.

The Western diet is also harming the environment. The production of processed foods requires large amounts of energy and water, and it generates greenhouse gases. The transportation of processed foods also contributes to air pollution.

### **Creating a Healthier Food System**

We need to create a healthier food system for men and boys. This means eating more whole, unprocessed foods, and cooking more meals at home. It also means supporting local farmers and food producers. We need to make healthy food more affordable and accessible for everyone.

We also need to change the way we think about food. We need to stop thinking of food as a source of comfort or entertainment, and start thinking

of it as a source of nourishment. We need to teach our children about the importance of healthy eating, and we need to set a good example for them.

*Mad Hungry* is a powerful and important book that shines a light on the devastating impact of the Western diet on men and boys. Theresa Tamony offers a clear and concise analysis of the problem, and she provides practical solutions for creating a healthier food system. This book is a must-read for anyone who is concerned about the health of our children and our planet.



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