
The Omnivore's Dilemma Summary PDF Cheatsheet —

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? 1. **Corn is in Everything: Subsidies for corn farming bring us more unhealthy, processed and fast foods**

Today less than 2% of people grow all the food, mostly on large-scale industrial farms. Because of subsidies, the most popular crop is corn, which is then fed to animals and broken down into countless ingredients for unhealthy processed foods.

? 2. **Meat's Hidden Costs: Industrial feedlots hurt our health, the animals, and the planet**

Cows are now fed mostly corn on crowded feedlots called CAFOs. These conditions negatively affect the animals (which are designed to eat grass), the planet (because of the additional waste products), and our health (because grain-fed beef is less healthy than grass-fed).

? 3. **Big Organic: The counter-cultural organic movement has become part of the industrial food system**

In 1940, organic farming started as a movement of growing food by copying natural systems. But it slowly grew to become a part of our regular industrial food system. (Keeping some improvements like less pesticides, synthetic fertilizers and chemicals.)

? 4. **Grass Farming: Some local farmers like Joel Salatin continue to work towards the organic ideals**

Joel Salatin's farm in Virginia copies natural cycles that are sustainable, like using chickens to fertilize the grass that feeds their cows. The animals eat more of what they're designed to and live more humanely. His customers buy from him directly and share his principles.

? 5. **Hunting and Gathering: Going into the forest is the oldest way of finding food**

Gathering mushrooms taught Pollan to see nature differently and taught him the importance of person-to-person knowledge. Hunting wild pigs was surprisingly very enjoyable, but made him think again about veganism.

This is just a sample!

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