



daily GOOD

The joy is that we can take back our bodies, reclaim our health, and restore ourselves to balance. We can take power over what and how we eat. We can rejuvenate and recharge ourselves, bringing healing to the wounds we carry inside us, and bringing to fuller life the wonderful person that each of us can be. --John Robbins

What The World Eats In A Week

Imagine inviting yourself to dinner with 30 different families -- in 24 countries. Imagine shopping, farming, cooking and eating with those families, taking note of every vegetable peeled, every beverage poured, every package opened. That's exactly what photographer Peter Menzel and writer Faith D'Aluisio did for their new book, *Hungry Planet: What the World Eats*. The husband-and-wife team wanted to see how globalization, migration and rising affluence are affecting the diets of communities around the globe. This NPR interview shares startling samples of their work that trigger a reconsideration of our own habits of consumption.

Be The Change:

A compelling photo-essay from Time magazine offers snapshots of 15 dinner tables from *Hungry Planet*. Consider what your own table would look like.