

The 100 Mile Diet A Year Of Local Eating



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The 100-Mile Diet. The 100-Mile Diet: A Year of Local Eating (or Plenty: One Man, One Woman, and a Raucous Year of Eating Locally) is a non-fiction book written by Canadian writers Alisa Smith and J.B. MacKinnon. In the book, the authors recount their experiences, including motivations and challenges, on restricting their diet, for one year,...

The 100-Mile Diet - Wikipedia

An Overview of the 100-Mile Diet Weight loss: Though not a guarantee, by eating whole foods (lots of vegetables, fruits, and grains),... New flavor sensations: If you've limited your diet to what is available in the local grocery store,... Hyper awareness: Though you'll certainly learn more about ...

An Overview of the 100-Mile Diet - ecolife

The 100-Mile Diet: A Year of Local Eating tells the full story, from the insights to the kitchen disasters, as the authors transform from megamart shoppers to self-sufficient urban pioneers. The 100-Mile Diet is a pathway home for anybody, anywhere.

The 100-Mile Diet: A Year of Local Eating: Alisa Smith, J ...

The 100-Mile Diet was born. The couple's discoveries sometimes shook their resolve. It would be a year without sugar, Cheerios, olive oil, rice, Pizza Pops, beer, and much, much more. Yet local eating has turned out to be a life lesson in pleasures that are always close at hand.

The 100-Mile Diet: A Year of Local Eating by Alisa Smith

The 100 mile diet is a term used in American food activism to describe a diet which consists entirely of foods grown and raised within 100 miles (161 kilometers) of the dinner table. Followers of the diet often describe themselves as "locavores," because they eat locally produced food.

What is a 100 Mile Diet? (with pictures) - wisegeek.com

Life Living on the 100-Mile Diet Eating a truly local diet for a year poses some tricky questions. First in a series.

Living on the 100-Mile Diet | The Tye

The 100 Mile Challenge is a great story and an inspiration not just to eat locally but to think about where our food comes from. The writing is captivating and informative. This is a story you won't be able to put down. Read more cook book reviews. Return from The 100 Mile Diet to the homepage of Favorite Freezer Foods.

The 100 Mile Diet - favoritefreezerfoods.com

Is the 100 mile diet one that is realistic for your average person leading a busy life? No, but it was never intended to be. Alisa and James set themselves a high challenge to discover what the real issues with local food sourcing were.

The 100 Mile Diet - GrowVeg.com

For one year, they would only consume food that came from within a 100-mile radius of their Vancouver apartment. The 100-Mile Diet was born. The couple's discoveries sometimes shook their resolve. It would be a year without sugar, Cheerios, olive oil, rice, Pizza Pops, beer and much, much more.

The 100-Mile Diet | CBC Books

Recently, the concept of the 100-mile diet has gained attention after the release in April of the book "Plenty: One Man, One Woman and a Raucous Year of Eating Locally." The book chronicles the efforts of authors James MacKinnon and Alisa Smith to eat foods produced within 100 miles of their Vancouver apartment.

A New Yorker Tries the 100-Mile Diet - The New York Times

The 100-mile diet can help you eat healthier and even lose weight. But it's not always easy to eat

locally. Try these six solutions and add more homegrown food to your diet. The 100-mile diet can help you eat healthier and even lose weight. But it's not always easy to eat locally. Try these six solutions and add more homegrown food to your diet

6 tips to help you follow the 100-mile diet | Best Health ...

The latest craze that I have heard about is the 100-mile diet. I found out about it from one of my magazines. The author of the article was describing her journey towards the 100-mile-diet (1md). In it she claims to be a world traveler and loves eating the exotic foods in the countries that "created" them - pasta in Italy, baguettes in France - you get the idea.

Pros and Cons of a 100 mile diet | Prepared Society - The ...

The 100-mile diet has been taken on as a personal challenge by local food enthusiasts and has popularized the concept of eating only seasonally appropriate and regional foods. It is the concept of eating only foods that are grown or produced within a 100-mile radius of one's home, requiring the practitioner to develop a deep awareness of where each of his or her meals is coming from.

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