



# **The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table**

*Tracie McMillan*

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**Now in paperback, this *New York Times* bestselling work of undercover journalism offers “a compelling and cogent argument that eating healthily ought to be easier” (*The Cleveland Plain Dealer*).**

When award-winning (and working-class) journalist Tracie McMillan saw foodies swooning over \$9 organic tomatoes, she couldn't help but wonder: What about the rest of us? Why do working Americans eat the way we do? And what can we do to change it? To find out, McMillan went undercover in three jobs that feed America, living and eating off her wages in each. Reporting from California fields, a Walmart produce aisle outside of Detroit, and the kitchen of a New York City Applebee's, McMillan examines the reality of our country's food industry in this “clear and essential” (*The Boston Globe*) work of reportage. Chronicling her own experience and that of the Mexican garlic crews, Midwestern produce managers, and Caribbean line cooks with whom she works, McMillan goes beyond the food on her plate to explore the national priorities that put it there.

Fearlessly reported and beautifully written, *The American Way of Eating* goes beyond statistics and culture wars to deliver a book that is fiercely honest, strikingly intelligent, and compulsively readable. In making the simple case that—city or country, rich or poor—everyone wants good food, McMillan guarantees that talking about dinner will never be the same again.

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